



OVER 60 STENOSIS WORKOUT

This workout is safe and effective for those with stenosis over the age of 60. Essentially if you have some arthritis and balance issues, and want to try this one out. It can do very well to improve strength and reduce pain all while keeping you safe. Try this 2-3 times a week for 3-4 weeks.

STANDING LUMBAR STRETCH

Find a sturdy chair or use a counter top. Brace with your hands and step back for enough so that when you bend over you feel a back and leg stretch.



DOSAGE:

5 repetitions with
10 second hold

TIP:

This should always feel good. It can be used throughout the day and through this workout

SQUAT

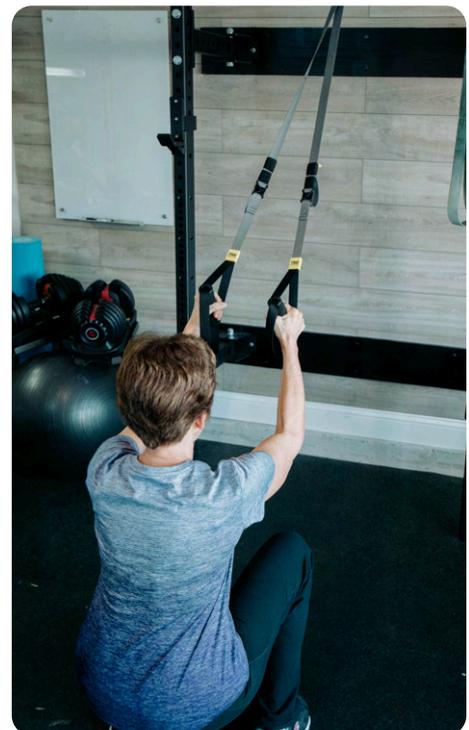
Start by grabbing the handles and taking a step back. With both feet on the ground about shoulder width apart, lean back while gripping the handles. Once you are leaning back, perform the squat. Your arms will have a slight bend in them the entire time. Think about going down to the ground not sticking your butt out.

TIP:

The deeper you go the more it works your hips and lower back. As you get comfortable go lower. It does work your grip strength as well! You can vary the depth and angle of your body for a greater challenge.

DOSAGE:

2 sets of 20
repetitions



LUNGE

While holding onto the suspension trainer you want to take a large step back with one foot. Then bend both knees in a lunge position. Once you dip the back leg as far as you can tolerate, return to the starting position with both feet together. Alternate legs as you complete the lunge



DOSAGE:

2 sets of 20 repetitions

TIP:

Make sure to keep some bend in your arms and keep your body tall.

LATERAL LUNGE

Start by gripping the handles and with your feet close together. Then you will take a large step to the side and bend that knee. If you are lunging to the right then you will bend the right knee and keep the left knee straight. You will be leaning back and sticking your butt out. Then push back with that leg to the starting position. You will alternate sides.



DOSAGE:

20 repetitions with 2 second hold

TIP:

Don't go too far down and back so that you can't get back up. Make sure you have enough room next to you and if you don't then you can complete just one side at a time

ROW

Stand while holding onto the handles. Then take your feet closer to the door so that your body has a slight decline to it. Once in that position, let your arms extend and then row up bringing your elbows to your side. Think about pinching your shoulder blades together as you row up.



DOSAGE:

2 sets of 15 repetitions

TIP:

Try to maintain good posture and keep your chin slightly tucked.



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