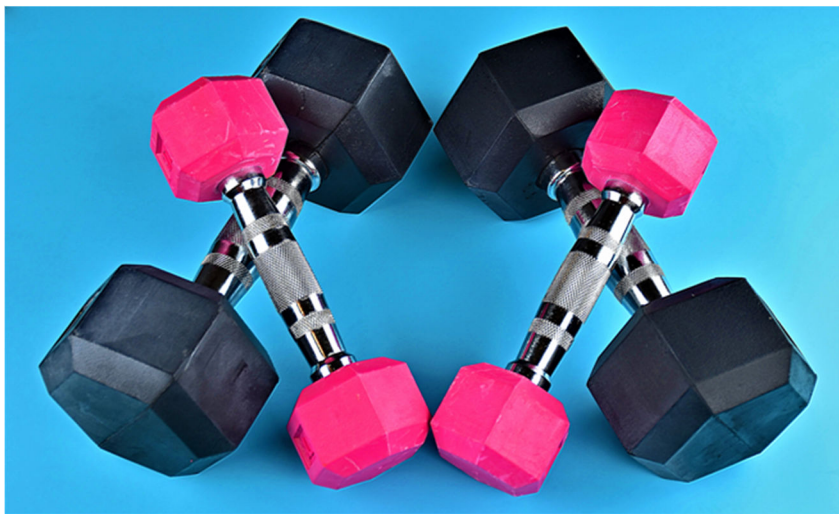




Weightlifting exercises for seniors

Strength training can really help to maintain a good quality of life in later years. If you'd like to take up weightlifting to help build muscle mass, here are some exercises to try. Read the article that explains [how to weightlift safely](https://whentheygetolder.co.uk/health/staying-fit/exercise/safe-weightlifting-for-seniors/) at <https://whentheygetolder.co.uk/health/staying-fit/exercise/safe-weightlifting-for-seniors/> to make the most of your new challenge!



We recommend that you consult a health professional before embarking on a new regime, especially if you're not used to taking exercise.

Getting started with [NHS strength and flexibility](https://www.nhs.uk/live-well/exercise/strength-and-flexibility-exercises/strength-and-flex-exercise-plan-how-to-videos/) videos at <https://www.nhs.uk/live-well/exercise/strength-and-flexibility-exercises/strength-and-flex-exercise-plan-how-to-videos/>

Search YouTube for videos on how to perform strength exercises and resistance training programmes



Suggested exercises

Squats

Ideal for strengthening your core. Try different squats to target slightly different muscle groups, including front squats, back squats and sumo squats.

Lunges

Excellent for core and lower body, with a focus on single-leg strength and balance.

Deadlifts

Helping to strengthen lower back, core, and legs. Can improve posture and reduce the risk of falls.

Bench press

Strengthen the chest and arms, as well as your grip.

Standing rows

Strengthening the upper back, shoulders, and arms, as well as improve your grip. Excellent for practising balance in a bent position.

Shoulder press

For strengthening your shoulders and upper back, and promote good upper body posture and overhead mobility.

Bicep curls

Help with muscle growth, on top of improving arm mobility, pull motion, and grip strength.

Tricep extensions

Promote muscle growth, develop your grip, and exercise your push motion.

Calf raises

Great lower leg muscle exercises, promoting better balance and stability on your feet.



When and how – your new routine

Here's a simple exercise routine for senior weight training based on the above-mentioned exercises.

The routine is based on exercising every other day and split into upper and lower body sections.

Day 1 Lower Body

- Squats: 3 sets of 8-10 reps
- Lunges: 3 sets of 8-10 reps (per leg)
- Deadlift: 3 sets of 8-10 reps
- Calf raises: 3 sets of 12-15 reps

Day 2 Rest

Day 3 Upper Body

- Bench press: 3 sets of 8-10 reps
- Rows: 3 sets of 8-10 reps
- Shoulder press: 3 sets of 8-10 reps
- Biceps curls: 3 sets of 8-10 reps
- Triceps extensions: 3 sets of 8-10 reps

Day 4 Rest

Repeat the cycle

As you become more accustomed to weightlifting, you can start implementing a full-body workout day (all exercises in one day), followed by two days of rest.

This programme can be seen in more detail in our article on [weightlifting for seniors](https://whentheygetolder.co.uk/health/staying-fit/exercise/safe-weightlifting-for-seniors/) on When They Get Older at <https://whentheygetolder.co.uk/health/staying-fit/exercise/safe-weightlifting-for-seniors/>



Chart your progress

Day 1		Day 3		Day 5		Day 7	
Squats		Bench press		Squats		Bench press	
Lunges		Rows		Lunges		Rows	
Deadlift		Shoulder press		Deadlift		Shoulder press	
Calf raises		Bicep curls		Calf raises		Bicep curls	
		Tricep extensions				Tricep extensions	
Day 9		Day 11		Day 13		Day 15	
Squats		Bench press		Squats		Bench press	
Lunges		Rows		Lunges		Rows	
Deadlift		Shoulder press		Deadlift		Shoulder press	
Calf raises		Bicep curls		Calf raises		Bicep curls	
		Tricep extensions				Tricep extensions	
Day 17		Day 19		Day 21		Day 23	
Squats		Bench press		Squats		Bench press	
Lunges		Rows		Lunges		Rows	
Deadlift		Shoulder press		Deadlift		Shoulder press	
Calf raises		Bicep curls		Calf raises		Bicep curls	
		Tricep extensions				Tricep extensions	
Day 25		Day 27		Day 29		Day 31	
Squats		Bench press		Squats		Bench press	
Lunges		Rows		Lunges		Rows	
Deadlift		Shoulder press		Deadlift		Shoulder press	
Calf raises		Bicep curls		Calf raises		Bicep curls	
		Tricep extensions				Tricep extensions	