

Maintaining Muscular Fitness as we get older

What is happening? Without conscious intervention, muscle strength and power decline as we get older. This critically impacts function, including balance reactions, metabolism, cardiovascular health, and agility. Loss of power impacts function the most. The ability to generate power also decreases more rapidly than muscle strength. Power is the muscle's ability to move quickly with a load, for example, running up stairs.

- ✓ Protein (e.g. eggs, chickpeas, meat) is **fuel** for muscle growth and recovery
- ✓ **Lift heavy to live longer**; aim to increase your resistance over time
- ✓ Give the same muscles **2 days rest** between lifting sessions



New to strength training? Start with a weight that fatigues your muscles after 15-20 reps, and stay at this weight for 2 weeks. Don't hold your breath when lifting, and concentrate your energy on perfecting good form.

How much weight? We need enough weight to overload our muscles to encourage change. Use a weight that is 'somewhat hard' on the first rep, and fatigues your muscles after 8-12 reps (6-10 reps for power exercises). Rest for 1-2 min between sets, doing 2-3 sets in total. Add weight when you can do >12 reps with good form without muscle fatigue (>10 reps for power exercises).

Power training? Improve power by adding speed. Use a lower weight than what you use for 'strength' training. For each rep, **move as fast as possible** when lifting/pushing, but **not** on the return. Do 3-6 reps for 2-3 sets with good form to start. Progress to 6-10 reps with good form before increasing the weight.

Joints hurt with adding weight? First, correct your form. If that doesn't help, reduce the reps to the number you can do pain-free. Stay at this level for 2 weeks, and then increase up to 12 reps per set, staying pain-free.

Muscular Fitness Training for Athletes 50+

BEGINNER EXERCISE



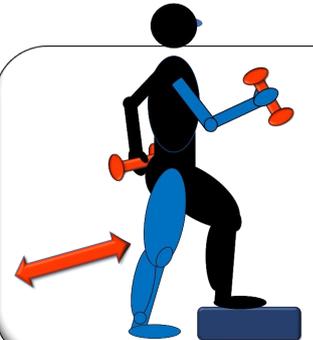
Step up and down a standard height step as fast as you can safely. If your muscles are not fatigued after 12 reps, then move to intermediate.



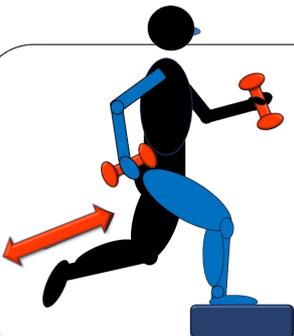
INTERMEDIATE EXERCISE



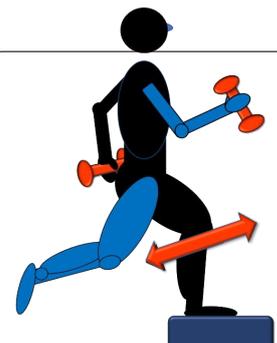
Step up and down a standard height step as fast as you can safely. If your muscles are not fatigued after 12 reps with good form, increase the weight.



ADVANCED EXERCISE



Run up and down a standard height step as fast as you can safely. If your muscles are not fatigued after 12 reps with good form, increase the weight.



Complete 12 reps to muscle fatigue, rest 1-2 min, then repeat for 2-3 sets in total

- Do a good warm-up and cool-down for optimal muscle health
- **Caution** if you have joint pain; see the reverse side of this page
- **Stop** if the exercise causes undue muscle pain or strain