

Welcome to Your First Active Seniors Fitness 30-Day Challenge!

This challenge complements ***Strength Training for Active Seniors*** and is designed to help you build strength, improve flexibility, enhance balance, and feel better — in just 10 minutes a day.

Why This Challenge?

Many of us feel:

- Out of shape
- Overweight
- Unsure how to get started
- Frustrated with quitting other programs
- Worried about injuries
- Concerned it's "too late"

This challenge is here to prove: *It's not too late — and YOU can do this.*

Goals for the Next 30 Days

- Build the habit of exercise
- Get comfortable with the movements
- Discover a workout time that works for you
- Make steady progress each week
- Feel and see the difference

How It Works

- Each day includes 2 exercises in these areas: Warm-Up, Core, Upper Body, Lower Body, Balance & Mobility, and Cool-Down.
- **Rest Days:** Day 7, 14, 21, and 28.
(Take extra rest if needed, then pick up where you left off)
- Each exercise: 15–30 seconds. Total time: about **10 minutes**.
- Use the same page on repeat weeks (e.g., Page 1 = Days 1, 8, 15, 22, 29).

----- See Next Page -----

Tips for Success

- Drink water before and after your workout to stay hydrated.
- Pace yourself — rest if needed, but keep moving when you can to build endurance.
- Progress gradually — add a little more time, weight, or reps each week.
- Dumbbells: Choose what feels right; adjust as needed. For most people, it's between 3 and 20 lbs.
- Form matters: Move smoothly, breathe naturally, stop if you feel sharp pain.
- Push yourself a little — repeat a workout or increase difficulty.
- Record your progress and make notes.

Small improvements add up — be sure to recognize and celebrate them!

Your Next Step

- Revisit or write down your goals for this challenge.
- Check off each day as you complete it.
- Visit www.ActiveSeniorsFitness.com to
 - ❖ Request the Challenge file
 - ❖ **Watch exercise demonstrations**
 - ❖ Get bonus accountability and encouragement
 - ❖ Receive ongoing email support, if you'd like

I'll be doing this challenge alongside you — cheering you on every step of the way.

Wishing you strength, health, and confidence,

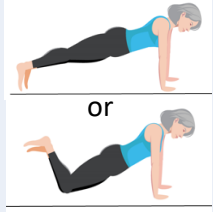
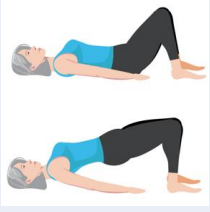
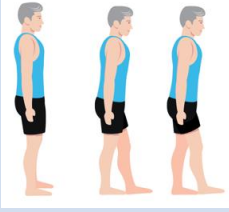
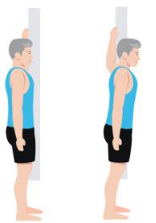
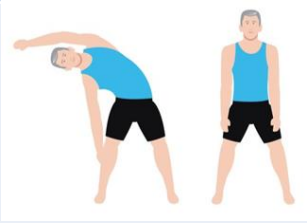
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Active Seniors Fitness

30-Day Fitness Challenge – Strength Training #1

Days 1, 8, 15, 22, and 29

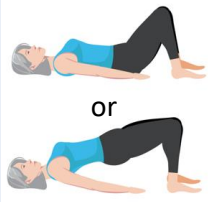
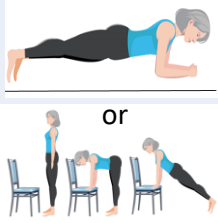
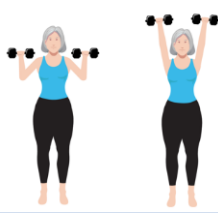
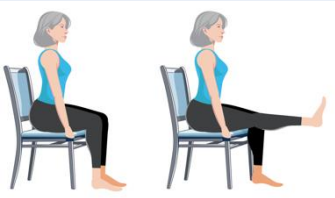
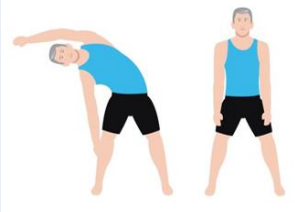
Warm-Up 1 Min	 15-30 Sec Shoulder Circles	 15-30 Sec Arm Circles
Core 1-2 Min	 15-30 Sec Push-Ups	 15-30 Sec Bridge
Upper Body 1-2 Min	 15-30 Sec Wall Push-Ups	 15-30 Sec each Dumbbell Rows
Lower Body 1-2 Min	 15-30 Sec Sit-to-Stands	 15-30 Sec Calf Raises
Balance & Mobility 1-2 Min	 15-30 Sec Heel-to-Toe Walk	 15-30 Sec each Single Leg Stand
Cool-Down & Flexibility 1 Min	 15-30 Sec each Chest Stretch	 15-30 Sec each Side Stretches
Completed: Day 1 ☐ Day 8 ☐ Day 15 ☐ Day 22 ☐ Day 29 ☐		



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30-Day Fitness Challenge – Strength Training #1

Days 2, 9, 16, 23, and 30

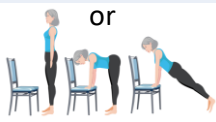
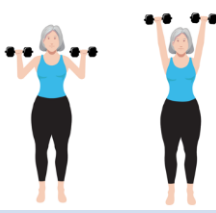
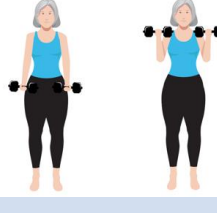
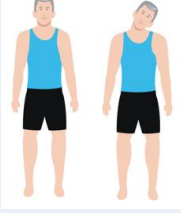
Warm-Up 1 Min	 Arm Circles 15-30 Sec	 Side Bends 15-30 Sec each side
Core 1-2 Min	 or Bridge 15-30 Sec	 or Plank 15-30 Sec
Upper Body 1-2 Min	 or Dumbbell Rows 15-30 Sec each	 Dumbbell Press 15-30 Sec
Lower Body 1-2 Min	 Calf Raises 15-30 Sec	 Leg Extensions 15-30 Sec each
Balance & Mobility 1-2 Min	 Single Leg Stand 15-30 Sec	 Side Leg Lifts 15-30 Sec each
Cool-Down & Flexibility 1 Min	 Side Stretches 15-30 Sec	 Calf Stretches 15-30 Sec each
Completed: Day 2 ☐ Day 9 ☐ Day 16 ☐ Day 23 ☐ Day 30 ☐		



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30-Day Fitness Challenge – Strength Training #1

Days 3, 10, 17, and 24

Warm-Up 1 Min	 Side Bends 15-30 Sec each side	 Trunk Circles 15-30 Sec each way
Core 1-2 Min	 or  Plank 15-30 Sec	 Leg Raises 15-30 Sec
Upper Body 1-2 Min	 Dumbbell Press 15-30 Sec	 Dumbbell Curls 15-30 Sec
Lower Body 1-2 Min	 Leg Extensions 15-30 Sec each	 Knee Lifts 15-30 Sec each
Balance & Mobility 1-2 Min	 Side Leg Lifts 15-30 Sec each	 Back Leg Raises 15-30 Sec each
Cool-Down & Flexibility 1 Min	 Calf Stretches 15-30 Sec each	 Neck Tilts & Turns 15-30 Sec each

Completed: Day 3

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Day 10

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Day 17

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Day 24

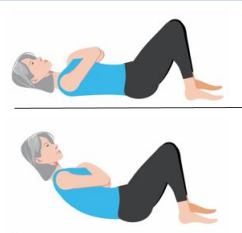
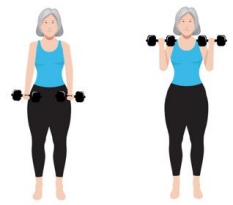
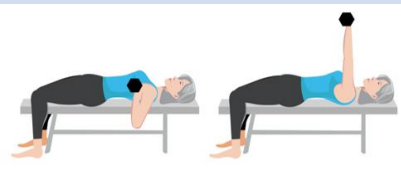
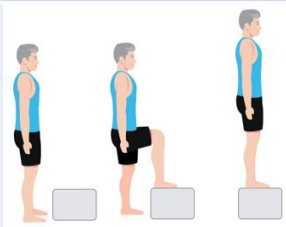
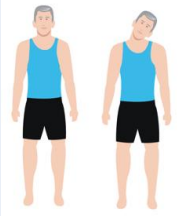
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30-Day Fitness Challenge – Strength Training #1

Days 4, 11, 18, and 25

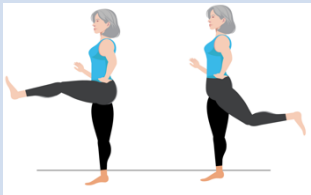
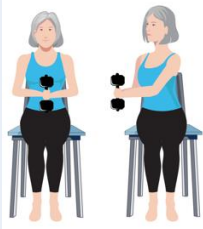
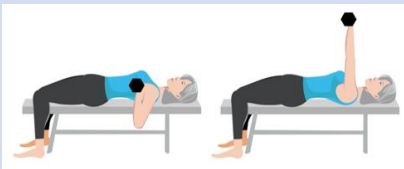
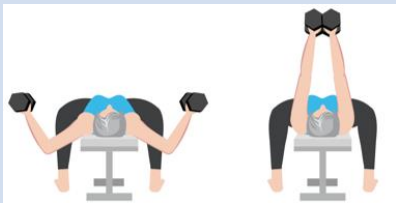
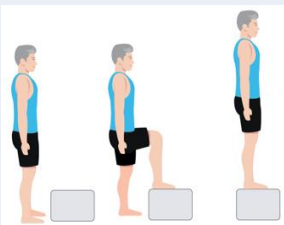
Warm-Up 1 Min	 Trunk Circles 15-30 Sec each way	 Leg Swings 15-30 Sec each
Core 1-2 Min	 Leg Raises 15-30 Sec	 Crunches 15-30 Sec
Upper Body 1-2 Min	 Dumbbell Curls 15-30 Sec	 Dumbbell Bench Press 15-30 Sec
Lower Body 1-2 Min	 Knee Lifts 15-30 Sec each	 Step-Ups 15-30 Sec
Balance & Mobility 1-2 Min	 Back Leg Raises 15-30 Sec each	 Side Bends w/Dumbbell 15-30 Sec each
Cool-Down & Flexibility 1 Min	 Neck Tilts & Turns 15-30 Sec each	 Cobra Stretch 15-30 Sec
Completed: Day 4 ☐ Day 11 ☐ Day 18 ☐ Day 25 ☐		



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30-Day Fitness Challenge – Strength Training #1

Days 5, 12, 19 and 26

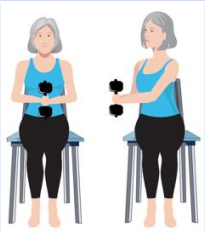
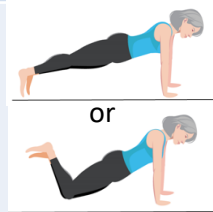
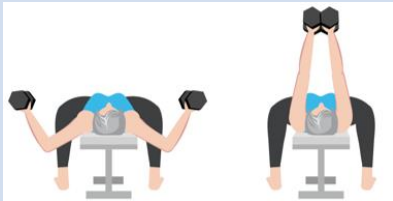
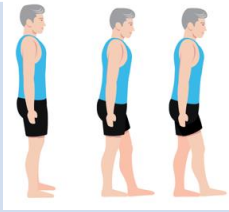
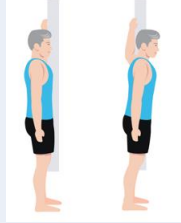
Warm-Up 1 Min	 15-30 Sec each Leg Swings	 15-30 Sec March in Place
Core 1-2 Min	 15-30 Sec Crunches	 15-30 Sec each side Ab Twists
Upper Body 1-2 Min	 15-30 Sec Dumbbell Bench Press	 15-30 Sec Dumbbell Flyes
Lower Body 1-2 Min	 15-30 Sec Step-Ups	 15-30 Sec Squats
Balance & Mobility 1-2 Min	 15-30 Sec each Side Bends w/Dumbbell	 15-30 Sec each Ankle Rolls
Cool-Down & Flexibility 1 Min	 15-30 Sec Cobra Stretch	 15-30 Sec Cat Cow Stretch
Completed: Day 5 ☐ Day 12 ☐ Day 19 ☐ Day 26 ☐		



Active Seniors Fitness

30-Day Fitness Challenge – Strength Training #1

Days 6, 13, 20, and 27

Warm-Up 1 Min	 15-30 Sec March in Place	 15-30 Sec Shoulder Circles
Core 1-2 Min	 15-30 Sec each side Ab Twists	 15-30 Sec Push-Ups
Upper Body 1-2 Min	 15-30 Sec Dumbbell Flyes	 15-30 Sec Wall Push-Ups
Lower Body 1-2 Min	 15-30 Sec Squats	 15-30 Sec Sit-to-Stands
Balance & Mobility 1-2 Min	 15-30 Sec each Ankle Rolls	 15-30 Sec Heel-to-Toe Walk
Cool-Down & Flexibility 1 Min	 15-30 Sec Cat Cow Stretch	 15-30 Sec each Chest Stretch
Completed: Day 6 ☐ Day 13 ☐ Day 20 ☐ Day 27 ☐		



Active Seniors Fitness

30-Day Fitness Challenge – Strength Training #1

Days 7, 14, 21, and 28

Rest Today.

**Today would be a great day for a walk...
...or a longer walk.**

**Think about the next week and if there are any
changes you need to make to the exercises.**

Also,

- **Review your goal sheet and make updates**
- **Consider going to the next dumbbell weight**
- **Adding 5-10 seconds to each timed exercise**

Update your workout sheets.

Enjoy your day! ☺

Completed: Day 7 ☐ Day 14 ☐ Day 21 ☐ Day 28 ☐