

Housing Channel

Title: Fitness Exercise for Elderly - Exercise 1 “Wing Fly”

Super Fitness Exercise for Elderly
 Exercise 1 “Wing Fly”

Super Mark Sir
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Mark Sir We’ll do “Wing Fly” today

 This is to train our shoulder muscles

 Let’s start

 Exhale and lift the bottles up to your shoulder

 Inhale when you lower them down

 Two more times

Super Exhale when lifting your hands
 Inhale when lowering

 Lift your chest and tighten your tummy to steady your body

Mark Sir Exhale Inhale Exhale Inhale

 Now the left and right sides

 Exhale Inhale

 One more time. Exhale Inhale

 Now combine the two movements together

 Ready and go

Super 8 -15 times as a set; Perform 3 - 4 sets

Mark Sir 1...2...3...4...

2...2...3...4...

3...2...3...4...

The last count

4...2...3...4...

Super Attention:

- Assess your physical conditions and measure your blood pressure. Do not exercise if you are not feeling well.
- Perform exercise in a safe and right place, and preferably with a companion.

Acknowledgement