

Housing Channel

Title: Fitness Exercise for Elderly - Exercise 2 “Back Workout”

Super Fitness Exercise for Elderly
Exercise 2 “Back Workout”

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Mark Sir This exercise is Back Workout

It can strengthen our back muscles

First, hold the towel on your chest

It's in 8 beats

Let's try

Ready, start

1...2...3...4...5...6...7...8...

Ready, four rounds again

Super Lift your chest and tighten your tummy to steady your body

Mark Sir Ready, start

1...2...3...4...5...6...7...8...

Second round

2...2...3...4...5...6...7...8...

Third round

3...2...3...4...5...6...7...8...

Super Keep breathing normally and do not hold your breath

Mark Sir Fourth round

4...2...3...4...5...6...7...8...

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