



Daily Thigh Strength Routine for Over 55s

Description

A leg press machine is popular in gyms for strengthening lower-body muscles like hamstrings, quads, and glutes. It provides a way to exercise these muscles without stressing the lower back. However, machines often focus on specific muscles and don't help improve "real-life control," says Matt Bandelier, a personal trainer. He suggests an eight-minute exercise routine to build thigh strength more effectively than a leg press.

Bandelier explains that while the leg press strengthens thighs, it doesn't improve balance or strengthen supportive muscles around the knees and hips. As a result, people may still feel weak on stairs or when stepping off curbs.

A good lower-body workout for older adults should include movements in different directions, involve weight-bearing, and focus on stability.

Bandelier stresses the importance of exercises that mimic everyday actions like standing and stepping. His eight-minute routine uses body weight, slow movements, and purposeful repetitions.

Each exercise in the routine lasts one minute or involves 10 to 15 repetitions on each side. Repeat all exercises for a complete eight-minute circuit.

Vocabulary List:

1. **Strengthening** /'strɛŋθəniŋ/ (verb): The act of making something stronger or more powerful.
2. **Muscles** /'mʌsəlz/ (noun): Soft tissues in the body that can contract to produce movement.
3. **Stability** /stə'bilɪti/ (noun): The state of being firm and steady.
4. **Balance** /'bæləns/ (noun): An even distribution of weight enabling someone or something to remain upright and steady.
5. **Supportive** /sə'pɔ:rtɪv/ (adjective): Providing help or assistance.
6. **Movements** /'mu:vmənts/ (noun): Acts of changing physical location or position.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What is the main goal of a strengthening program?

Option: To increase flexibility



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- Option: To build muscle mass
Option: To enhance endurance
Option: To improve cardiovascular health
2. Which exercise is best for improving stability?
- Option: Running
Option: Yoga
Option: Weightlifting
Option: Swimming
3. Which activity is primarily focused on enhancing balance?
- Option: Cycling
Option: Dancing
Option: Hiking
Option: Powerlifting
4. What do you call a series of exercises performed in succession?
- Option: Interval training
Option: Circuit training
Option: Aerobic exercise
Option: Strength training
5. What does the term "repetitions" refer to in a workout?
- Option: The total time spent exercising
Option: The number of times an exercise is performed
Option: The amount of weight lifted
Option: The number of sets completed
6. What is a common source of protein for athletes?
- Option: Fruits
Option: Vegetables
Option: Meat and dairy
Option: Grains
7. Which condition is characterized by weak and brittle bones?
- Option: Arthritis
Option: Osteoporosis
Option: Scoliosis
Option: Celiac Disease
8. What typically results from a bone being stressed beyond its limit?
- Option: Sprain
Option: Fracture



- Option: Strain
- Option: Dislocation

9. What is often recommended to manage osteoporosis?

- Option: Increased protein intake
- Option: Regular exercise
- Option: Avoiding dairy products
- Option: High-intensity workouts

10. What type of activity is considered exercise?

- Option: Sleeping
- Option: Reading
- Option: Walking
- Option: Sitting

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. A guardian is someone who provides _____ for another person.
12. A pet often provides _____ to its owner.
13. The venue was deemed _____ for the event due to its small size.
14. The movie was filled with _____ that kept the audience on the edge of their seats.
15. The office _____ led to several misunderstandings among coworkers.
16. Every _____ should be considered before making a decision.
17. Life is often described as a _____ filled with challenges and learning.
18. He signed up for _____ to improve his skills in the field.
19. Her upbringing had several critical _____ on her values and beliefs.
20. She remained _____ during the stressful situation providing support to others.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The child was curious about how the world works and asked many questions.



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| 22. Despite the chaos around her she remained unfazed and focused on her task. |
| 23. Her calm and reassuring presence made everyone feel at ease. |
| 24. The hikers struggled at a high altitude due to the thin air and steep trails. |
| 25. With consistent effort he made remarkable progress in his fitness journey. |
| 26. After the tumultuous breakup he needed time to heal and reflect. |
| 27. Family gatherings are a time for love laughter and connection. |
| 28. She was deeply involved in community service and always looked for ways to help others. |
| 29. The patient received effective treatment for their condition at the specialized clinic. |
| 30. Daily exercise is vital for maintaining good health and wellness. |

Answer

Multiple Choice: 1. To build muscle mass 2. Yoga 3. Dancing 4. Circuit training 5. The number of times an exercise is performed 6. Meat and dairy 7. Osteoporosis 8. Fracture 9. Regular exercise 10. Walking

Gap-Fill: 11. protection 12. companionship 13. unsuitable 14. drama 15. gossip 16. circumstance 17. journey 18. training 19. influences 20. calm

Matching sentence: 1. curious 2. unfazed 3. presence 4. altitude 5. progress 6. breakup 7. gatherings 8. involved 9. treatment 10. exercise

CATEGORY

1. Health - LEVEL3

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