

# Table 2

Table 2. The training program for elderly participants.

	Session 1	Session 2	Session 3
Reps.	8-10	13-15	3-5
Rest	1 min	45 sec	2 min
	<i>Sets</i>		
Week 1	1 ( warm-up ) + 2	1 + 1	
Week 2	1 ( warm-up ) + 2		1 + 1
Week 3	1 ( warm-up ) + 2	1 + 2	
Week 4	1 ( warm-up ) + 2		1 + 2
Week 5	1 ( warm-up ) + 3	1 + 2	
Week 6	1 ( warm-up ) + 3		1 + 3
Week 7-8	1 ( warm-up ) + 3	1 + 3	1 + 3
Week 9	1 ( warm-up ) + 4	1 + 3	
Week 10	1 ( warm-up ) + 4		1 + 4
Week 11	1 ( warm-up ) + 3	1 + 3	
Week 12	1 ( warm-up ) + 2(3)		1 + 2(3)
	<i>Exercises:</i>		
	Bulgarian squat	“Sumo” deadlift w/ kettlebells	Leg-extension
	Squat	Lunges	Leg press
	Bench-press	Step up	Chest-press
	Pull-down narrow grip	Flyes	Pull-down wide grip
	Upright row	Seated row machine	Arnold-press
	Calf raise	Lateral raises	Bench-press narrow grip
	French press	Triceps pushdown	Scott curl
	Standing biceps curl w/dumbbells	Scott curl	Side-plank (abdominals)
	Quadruped exercise	Plank (abdominals)	