Strength and balance log, over 50

Six moves that keep you independent. Your best each week, for eight weeks.

NAME

START DATE

MOVE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
SIT TO STAND (REPS IN 30 S)								
WALL OR COUNTER PUSH-UPS								
STEP-UPS (EACH LEG)								
HEEL RAISES								
SINGLE-LEG STAND (S)								
FARMER CARRY (KG × M)								

Twice a week is enough. Hold a counter for balance work until you don't need to.