

## Baby Boomer Bootcamp

SaskFit, 2017

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Instead of retirement and rocking chairs, many baby boomers are working longer and enjoying a much more active lifestyle than their parents ever did. As we age, our bodies change as do our minds and energy levels.

*The Baby Boomer Bootcamp class is designed for those who are and have been physically active and fit for a while. This is not for those with physical constraints or chronic conditions.*

As we age

- We lose bone mass or density, especially women after menopause. The bones and vertebrae lose calcium and other minerals and can become brittle
- Breakdown of the joints may lead to inflammation, pain, and stiffness
- Posture may become more stooped (bent). The knees and hips may become more flexed.
- Lean body mass decreases. This decrease is partly caused by a loss of muscle tissue (atrophy).
- Movement slows and may become limited – loss of ROM
- Older people may get tired more easily and may have less energy.
- Strength and endurance levels change.

Boomers can continue to maintain and build fitness levels by staying active. It is ok to work hard, however, our classes need to be planned in a safe and more mindful way.

How do we ensure our classes are effective with keeping all of the above in mind?

1. Provide a comprehensive warm-up that includes all major muscles and joints including shoulders, back, chest, hips, quads, hamstrings, calves
2. Keep the cardio low impact so it's easier on the joints

### Who are the baby boomers?

- Baby Boomers are those who are born roughly between the years of 1946 – 1964.
- The oldest reached age 65 in 2011 and the youngest will get there by 2029.
- Some characteristics include:
  - Strong work ethic
  - Self-assured
  - Competitive
  - Goal-oriented
  - Resourceful
  - Mentally focused
  - Disciplined

3. Slow your moves down, especially for beginners
4. Strength moves should be slow and controlled. Encourage participants to use weights that are heavy enough to provide overload but not so heavy that they lose form
5. Include a good and thorough cool-down
6. A longer stretch component will help with muscle soreness as well as finishing the class with a good relaxation component
7. Get to know your participants and what their needs are so you can modify your class accordingly
8. Demonstrate your moves, but be sure to watch your participants, correct form, encourage them throughout the class. Be a coach – not a participant
9. Take note of those who may be struggling and talk to them after the class
10. Try not to slow your classes down so much that they aren't getting the full benefits of all components

Baby boomer classes should include

- Moves that promote full range of motion
- Functional fitness
- Varying planes of movement, lateral, forward/back, etc
- Moves that promote increased balance

Design your classes with options so that everyone feels successful. Giving 2-3 options for each exercise will help each participant knowing there is something that they can do.

Instructors should work in the mid-range of each exercise while demonstrating both the beginner level and possibly more advanced. We don't want our participants feeling intimidated by an instructor who can easily perform 10 pushups from their toes.

Give permission for those who need to take breaks, but encourage them to keep moving.

Add fun moves that they can relate to. Remember – they group up with jumping jacks and burpees, but at this point, they may have to be modified!

## SAMPLE CLASS

### WARM-UP

Plan your warm-up to incorporate all major muscle groups – including shoulders, back, hips, lower body, calves, etc. You can include movements and music that reflect the time era of their early adult years

### 30 second intervals

Intervals will focus on low impact moves emphasizing range of motion. Progress from lower intensity to higher intensity moves.

	LOWER INTENSITY	HIGHER INTENSITY	Comments
<b>SET 1</b>			
<b>CARDIO</b>	Step Touch	Skaters	
	Ham curl	Squat Ham Curl	
	Boxer skip	Skipping – butt kicks	
	Knee, high lunge	Leg lift lunge back	
	1, 2, knee hold, no impact	1, 2, knee hold	
	Tap back off step	Lunge back off step with power	
	<b>30 SECOND BREAK</b>		
<b>STRENGTH</b>	Bicep no lunge	Biceps with forward lunge	
	Row with tricep extension	Row with tricep extension	
<b>CORE</b>	Lunge rotation	Lunge rotation with weight	
	= 7 minutes		
<b>SET 2</b>			
<b>CARDIO</b>	Triple step with squat	Triple step with Jack	
	Squat lift	Squat Jump	
	Football Run	Football Run or Jump Ups	
	Side tap off step	Side Lunge off step	
	Forward Lunge on step	Forward Lunge	
	3 pulse Up and over step	3 pulse over the step	
<b>STRENGTH</b>	Lateral raise - No squat	Suma squat/lateral raise	
	Reverse fly - Single arms, arms bent	Single leg deadlift -- Reverse fly	
		Repeat 2x	
<b>CORE</b>	Plank – knee to shoulder	Plank – knee to shoulder	

	<b>= 7 minutes</b>		
<b>SET 3</b>			
<b>CARDIO</b>	Plie squat 3 pulse & reach	Plie 3 pulse squat jump	
	Heel taps on step	Power Heels on step	
	Hip abduction (slight medial rotation of hip)	Squat Abduct	
	Round up – knees bent	Round up kicks	
	Hi knees forward	High knee tires	
	Side squat jacks	Squat Jacks	
<b>STRENGTH</b>	½ Plank with row	Full plank row	
	Push ups		
<b>CORE</b>	Bridge to Crunch		
	<b>= 7 minutes</b>		
<b>SET 4</b>	<b>TIME PERMITTING</b>		
<b>CARDIO</b>	Skaters 12 Hold Football run Lunge back off step 3 pulse squat jump Round up kicks	<b>**If time permits repeat a few of the cardio moves and then repeat all strength moves for more overload effect.</b>	
<b>STRENGTH</b>	Biceps with forward lunge		
	Row with tricep extension		
	Lunge with rotation		
	Suma squat/lateral raise		
	Reverse fly		
	Obliques with weights		
<b>CORE</b>	Repeat core moves, or add new ones here		

### **FLEXIBILITY**

Incorporate all major muscle groups and hold stretch for a minimum of 15 seconds. Repeat if time allows.

Yoga may be incorporated **if you have the certification to do so**, i.e. cat/cow, down dog, spinal twist etc. Avoid any moves that incorporate hyper-extensions, i.e. sphynx.

End the class with full body relaxation with focus on breathe.