



AGING STRONG
— FITNESS —

AGING STRONG EXERCISE LIBRARY

A Standalone Guide to Strength,
Mobility, Balance, and Functional Fitness.



STRENGTH

Build and maintain
muscle for a
stronger you.



MOBILITY

Improve range of
motion and move
with ease.



BALANCE

Enhance stability and
confidence in every
step.



FUNCTIONAL FITNESS

Train for real life and
stay independent
longer.

By Jesse La Valle



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EXERCISE LIBRARY

How to Use This Exercise Library

This library contains the core movements used in the Aging Strong Fitness system. These exercises are designed to build strength, improve mobility, and support long-term independence.

- ✓ Focus on quality over quantity.
- ✓ Use a pain-free range of motion.
- ✓ Move with control.
- ✓ Progress gradually.
- ✓ Modify when needed.



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TRX Squat



Primary Focus

Lower body strength
(legs, glutes, hips)

Equipment

TRX Suspension Trainer

Coaching Cues

- Hold the handles with arms extended.
- Sit hips back and down as if into a chair.
- Keep chest lifted and core engaged.
- Knees track over toes.
- Push through heels to stand.

Progression

Move feet farther forward to increase resistance.



TRX Low Row



Primary Muscles

Upper back, lats, biceps

Benefits

Improves posture, strengthens pulling muscles, supports shoulder health.

How To Perform

Lean back while holding the handles, keep the body straight, pull chest toward the handles, then lower slowly.

Common Mistake

Avoid shrugging the shoulders or using momentum.

Modification

Stand more upright to decrease difficulty.

TRX Chest Press



Primary Muscles

Chest, shoulders, triceps

Benefits

Builds pushing strength and core stability.

How To Perform

Face away from the anchor point, hold handles at chest level, lean forward, lower with control, and press back to start.

Common Mistake

Avoid flaring elbows too wide or dropping the hips.

Modification

Stand more upright.



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TRX Reverse Lunge



Primary Muscles	Glutes, quads, core
Benefits	Improves lower body strength, balance, and coordination.
How To Perform	Hold the handles, step one foot back, lower under control, then push through the front foot to stand.
Common Mistake	Avoid leaning forward or taking too short a step.
Modification	Reduce depth and use more handle support.

Goblet Squat



Primary Muscles	Quads, glutes, core
Benefits	Builds full body strength and supports everyday sitting and standing.
How To Perform	Hold a dumbbell at chest height, squat with control, keep chest tall, and stand strong.
Common Mistake	Avoid rounding the back or rising onto the toes.
Modification	Squat to a chair or box.



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Stiff Leg Deadlift



Primary Muscles	Hamstrings, glutes, lower back.
Benefits	Builds posterior chain strength and improves hip hinging.
How To Perform	Hold dumbbells with a soft bend in the knees, hinge at the hips, lower the weights along the legs, feel the hamstrings stretch, then stand tall.
Common Mistake	Avoid rounding the back or bending the knees too much.
Modification	Use light weights and a shorter range of motion.

Dumbbell Row



Primary Muscles	Upper back, lats, biceps
Benefits	Improves posture and pulling strength.
How To Perform	Support one hand on a bench, pull dumbbell toward hip, squeeze shoulder blade, lower slowly.
Common Mistake	Avoid twisting the body or yanking the weight.
Modification	Use a lighter dumbbell or higher support.



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Dumbbell Chest Press



Primary Muscles:	Chest, shoulders, triceps
Benefits:	Builds upper body pushing strength.
How To Perform:	Lie on bench or floor, press weights upward, lower with control.
Common Mistake:	Avoid bouncing or locking elbows aggressively.
Modification:	Use floor press or lighter weights.

Dumbbell Shoulder Press



Primary Muscles:	Shoulders, triceps
Benefits:	Improves overhead strength and shoulder function.
How To Perform:	Hold dumbbells at shoulders, press overhead under control, lower slowly.
Common Mistake:	Avoid arching the back or shrugging.
Modification:	Perform seated or use one arm at a time.



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Glute Bridge

**Primary Muscles:**

Glutes, hamstrings, core

Benefits:

Improves hip strength and lower back support.

How To Perform:

Lie on back with knees bent, lift hips, squeeze glutes, lower slowly.

Common Mistake:

Avoid over-arching the lower back.

Modification:

Reduce range of motion.

Bird Dog

**Primary Muscles:**

Core, back stabilizers

Benefits:

Improves stability, balance, and coordination.

How To Perform:

Begin on hands and knees, extend opposite arm and leg, pause, return, alternate sides.

Common Mistake:

Avoid rotating hips or lifting too high.

Modification:

Extend only the leg or only the arm.



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Bent Knee V-Up



Primary Muscles:	Core, abdominals, hip flexors.
Benefits:	Builds core strength and coordination.
How To Perform:	Lie on your back with knees bent, curl your upper body up while drawing the knees toward the chest, pause briefly, then lower with control.
Common Mistake:	Avoid pulling on the neck or using momentum.
Modification:	Keep the range shorter or place hands lightly by the sides for support.

Front Plank



Primary Muscles:	Core, shoulders
Benefits:	Builds core endurance and posture.
How To Perform:	Hold a straight body position from forearms and toes or knees, brace gently, breathe.
Common Mistake:	Avoid sagging hips or holding breath.
Modification:	Perform from knees or on an incline.



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Side Plank



Primary Muscles:	Obliques, core
Benefits:	Builds lateral stability and supports balance.
How To Perform:	Lie on side, lift hips, hold steady, breathe.
Common Mistake:	Avoid rolling forward or backward.
Modification:	Perform with knees bent.

Calf Raise



Primary Muscles:	Calves, ankles
Benefits:	Supports walking, ankle strength, and balance.
How To Perform:	Stand tall, rise onto toes, pause, lower slowly.
Common Mistake:	Avoid bouncing.
Modification:	Hold a chair or wall for balance.