

“Key Three” Exercises

If you are looking to start an exercise program and not sure what to do, here are 3 simple exercises that will work 85% of your muscles. You can do this in 10 minutes.

I would suggest starting with 2 sets of 10 reps, of each exercise, 3 days per week.

What do you need: Dumbbells (you can use soup cans to start) or Resistance Bands

Exercise #1

Wall squats with dumbbells

Exercise #2

Supine dumbbell chest press

Exercise #3

Single-arm dumbbell row

892 PART III TOOLS FOR YOUR PRACTICE

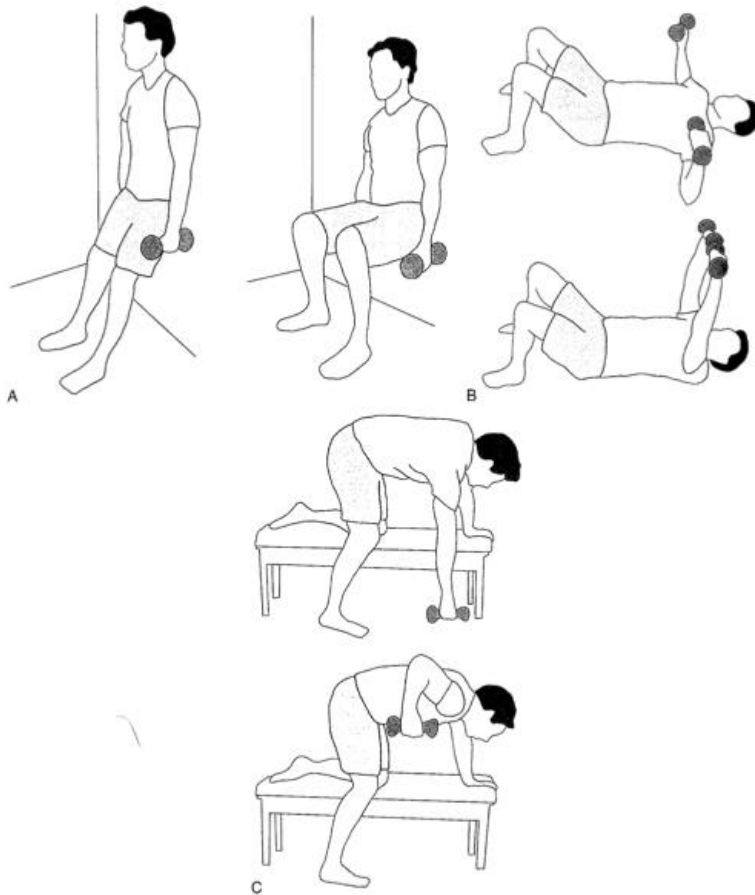


FIG. 912 Key Three exercises: A, Dumbbell squat (quadriceps, hamstrings, and gluteals). B, Supine bench press (pectoralis major and minor, anterior deltoid, and triceps). C, Single-arm dumbbell row (trapezius, latissimus dorsi, and biceps). (From Hewitt MJ. *The Key Three strength program*. Tucson, AZ: Canyon Ranch Health Resort; 2002. Illustration by Karen T. Wylie.)

References:

- M.J. Hewitt Growing Older, staying strong: preventing sarcopenia through strength training. Issue Brief 11 2003 International Longevity Center New York
SJ Fleck, MJ Kramer. Designing resistance training programs. 1987 Human Kinetics Champaign, IL