

# Exercise For Seniors

Absolute Beginners: Cardio & Strength Training for Seniors - introduction  
(14 min)

[https://youtu.be/DxF3i\\_4EFQU](https://youtu.be/DxF3i_4EFQU)

Absolute Beginners Seniors 1

<https://youtu.be/BCDK9N5fx7U>

Absolute Beginners Seniors 2

<https://youtu.be/IR5drHKG2vo>

Exercises for Active Seniors - Part 1 (8min)

<https://youtu.be/xmvjDfWaorY>

Brockville Legion Seniors Exercise Group.

<https://youtu.be/Jv4x0ImkWDA>