



## Equipment Requirement Sheet

### Senior POWER

Should and can older adults perform power training? YES! Power training is essential for maintaining activities of daily living and enhance functional capacity in older adults. In this workshop, you'll learn all the critical aspects of a safe and effective functional power program for older adults, including equipment, technique, moves, and contraindications. POWER up your seniors!

#### Space Needed:

Group Exercise Studio: 8am – 1pm

#### Equipment Required:

\_\_\_ Steel, banquet-style chairs, folding chairs or SilverSneakers chairs

\_\_\_ Dumbbells (variety of light weights)

\_\_\_ Resistance bands

\_\_\_ Medicine balls



Questions regarding equipment please contact: Darci at [darci@netafit.org](mailto:darci@netafit.org)