

Chair Exercises for Seniors: 8 Moves

3 days a week. Do the moves in order, 1 round. Rest whenever you need to.



1 Seated March

1. Sit tall near the front of the chair, feet flat.
2. Lift one knee up a few inches, then lower it.
3. Switch legs, like marching in place.

Week 1: 8 reps



2 Heel & Toe Raises

1. Sit tall with both feet flat on the floor.
2. Lift both heels up, keeping toes down.
3. Lower, then lift your toes, keeping heels down.

Week 1: 8 reps



3 Sit-to-Stand

1. Sit near the front of the chair, feet hip-width apart.
2. Lean slightly forward and stand up all the way.
3. Slowly sit back down with control.

Week 1: 8 reps



4 Knee Extension

1. Sit tall, hold the sides of the seat.
2. Straighten one leg out in front until it's level.
3. Hold for 2 seconds, then lower slowly.

Week 1: 8 reps

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5 Shoulder Blade Squeeze

1. Sit tall, bend your elbows to 90 degrees in front of you.
2. Pull your elbows back and squeeze your shoulder blades together.
3. Hold for 2 seconds, then release.

Week 1: 8 reps



6 Bicep Curl

1. Sit tall, arms by your sides, palms facing forward.
2. Bend your elbows and bring your hands up to your shoulders.
3. Lower slowly back down.

Week 1: 8 reps



7 Torso Twist

1. Sit tall, feet flat.
2. Turn your upper body to one side, holding the backrest.
3. Hold, breathe, then turn to the other side.

Week 1: hold 15 sec



8 Hamstring Stretch

1. Sit near the front and straighten one leg, heel on the floor.
2. Keep your back straight and lean forward slightly.
3. Hold, breathe, then switch legs.

Week 1: hold 15 sec