

Dumbbell Exercises for Seniors: 8 Moves

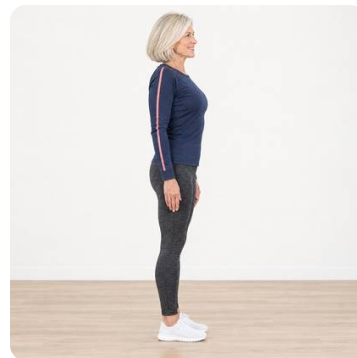
3 days a week. Do the moves in order, 1 round. Rest whenever you need to.



1 Arm Circles

1. Stand tall, arms out to the sides at shoulder height, no weights.
2. Draw small circles forward.
3. Then small circles backward.

Week 1: 8 reps



2 Shoulder Rolls

1. Sit or stand tall, arms relaxed.
2. Roll your shoulders up, back and down.
3. Make slow, smooth circles.

Week 1: 8 reps



3 Bicep Curl

1. Stand tall, a dumbbell in each hand, palms forward.
2. Bend your elbows and curl the weights up.
3. Lower slowly all the way down.

Week 1: 8 reps



4 Seated Overhead Press

1. Sit tall, dumbbells at shoulder height, palms forward.
2. Press the weights up overhead.
3. Lower slowly back to your shoulders.

Week 1: 8 reps

Dumbbell Exercises for Seniors: 8 Moves

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



5 Supported Row

1. Place one hand on the chair seat, step back and lean forward with a flat back.
2. Let the dumbbell hang, then pull it up toward your hip.
3. Lower slowly, then switch arms.

Week 1: 8 reps



6 Weighted Sit to Stand

1. Sit near the front of the chair, holding one dumbbell at your chest.
2. Lean forward and stand up, pushing through your heels.
3. Sit back down slowly.

Week 1: 8 reps



7 Chest Opener

1. Stand tall, no weights.
2. Clasp your hands behind your back.
3. Gently lift your chest and squeeze your shoulder blades.

Week 1: hold 15 sec



8 Seated Hamstring Stretch

1. Sit at the front of the chair, one leg straight, heel down, toes up.
2. Keep your back long and lean forward from your hips.
3. Hold, then switch legs.

Week 1: hold 15 sec