

Resistance Band Exercises for Seniors: 8 Moves

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



1 Overhead Reach

1. Sit tall, feet flat, no band.
2. Reach one arm up toward the ceiling.
3. Lower it and reach with the other arm.

Week 1: 8 reps



2 Shoulder Rolls

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

Week 1: 8 reps



3 Band Chest Press

1. Sit tall, band around your upper back, an end in each hand at chest height.
2. Press both hands straight forward.
3. Return slowly.

Week 1: 8 reps



4 Band Seated Row

1. Sit tall, legs out, band around the soles of your feet.
2. Hold an end in each hand, arms straight.
3. Pull your elbows back, squeezing your shoulder blades, then return.

Week 1: 8 reps

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5 Band Leg Press

1. Sit tall, band around one foot, an end in each hand.
2. Bend that knee toward your chest.
3. Press the foot forward until the leg is straight, then switch.

Week 1: 8 reps



6 Band Knee Press-Out

1. Sit tall, band tied in a loop just above your knees.
2. Press your knees apart.
3. Bring them back together slowly.

Week 1: 8 reps



7 Band Hamstring Stretch

1. Sit tall, band looped around one foot.
2. Straighten that leg forward, heel down or slightly lifted.
3. Gently pull the band until you feel a stretch, then switch.

Week 1: hold 15 sec



8 Seated Chest Stretch

1. Sit tall near the front of the chair.
2. Reach both hands behind you and hold the sides of the seat.
3. Lift your chest and hold.

Week 1: hold 15 sec