

Wall Pilates for Seniors: 8 Moves

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



1 Wall Angels

1. Stand with your back, head and arms against the wall.
2. Bend your elbows like a goalpost, backs of the hands on the wall.
3. Slide your arms up the wall, then back down.

Week 1: 8 reps



2 Wall Heel Raises

1. Face the wall, hands resting on it at shoulder height.
2. Rise up onto your toes as high as you can.
3. Lower your heels slowly back to the floor.

Week 1: 8 reps



3 Wall Push-Up

1. Face the wall, hands on it at chest height, a little wider than shoulders.
2. Step your feet back and bend your elbows, bringing your chest toward the wall.
3. Push back to straight arms.

Week 1: 8 reps



4 Wall Sit

1. Stand with your back flat on the wall, feet a foot in front.
2. Slide down until your knees bend slightly.
3. Hold, breathing steadily, then slide back up.

Week 1: hold 15 sec

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5 Side Leg Lift

1. Stand side-on to the wall, hand on it for support.
2. Lift your outside leg out to the side, toes facing forward.
3. Lower it slowly with control.

Week 1: 8 reps



6 Wall Plank

1. Face the wall and place your forearms on it at shoulder height.
2. Step your feet back until your body is in a straight, slanted line.
3. Hold, tightening your stomach and breathing.

Week 1: hold 15 sec



7 Chest Stretch

1. Stand side-on to the wall, an arm's length away.
2. Place your palm flat on the wall at shoulder height, arm straight.
3. Gently turn your chest away from the wall. Hold, then switch sides.

Week 1: hold 15 sec



8 Calf Stretch

1. Face the wall, hands on it, one foot stepped back.
2. Keep the back heel down and the back leg straight.
3. Lean gently toward the wall. Hold, then switch.

Week 1: hold 15 sec