

Seated Chair Exercises for Seniors PDF



1. Seated Marching

- Sit tall in a sturdy chair with your feet flat on the floor.
- Lift your right knee as high as comfortable.
- Lower it back down and repeat with the left leg.
- Continue alternating legs in a steady marching motion.
- Perform 8-10 reps per leg.



2. Leg Extensions

- Sit upright with feet flat on the floor, hands resting on the sides.
- Extend your right leg straight out until the knee is fully extended.
- Hold for a second, then lower it back down.
- Repeat on the left leg.
- Perform 8-10 reps per leg.



3. Dumbbell Press

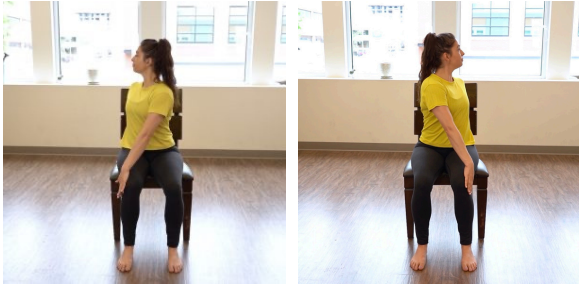
- Hold a dumbbell in each hand at shoulder height, palms facing forward.
- Press the weights straight up overhead until your arms are fully extended.
- Slowly lower them back to the starting position.
- Perform 8-12 reps.



4. Ankle Circles

- Sit with both feet flat on the floor.
- Lift both feet slightly off the ground.
- Rotate both ankles in circular motions.
- Perform 5 circles clockwise, then 5 counterclockwise.
- Keep movements controlled & steady.

5. Spinal Twists



- Sit tall with feet flat on the floor and hands resting on your thighs.
- Slowly rotate your upper body to the right
- Place your left hand on your right knee for support.
- Hold for 5–10 seconds, feeling a gentle stretch in your back.
- Return to center and repeat on the left side.
- Perform 5 reps per side.

6. Seated Heel Raises



- Sit with feet flat and hands resting on your thighs.
- Lift both heels off the floor, raising onto your toes.
- Hold for a second, then lower heels back down.
- Perform 10–12 reps.

7. Neck Stretches



- Sit upright on a stable chair with feet flat on the floor.
- Keep your back straight and your hands resting on your thighs.
- Slowly turn your head to one side, looking over your shoulder.
- Hold the stretch for a few seconds with your shoulders relaxed.
- Gently bring your head back to a neutral position.
- Rotate your head in the opposite direction & hold for a few seconds.

8. Shoulder Rolls

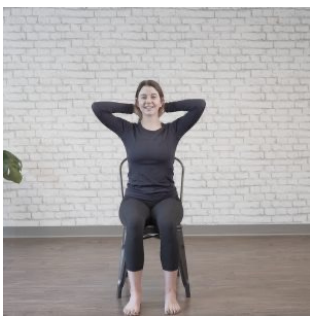


- Sit with your arms relaxed at your sides.
- Roll both shoulders forward in a circular motion for 10 reps.
- Reverse the motion, rolling them backward for 10 reps.



9. Side Bends

- Sit tall with your hands resting on your thighs.
- Lean your upper body to the right.
- Reach toward the floor with your right hand.
- Return to the center and repeat on the left side.
- Perform 5–8 reps per side.



10. Seated Bicycle Twists

- Sit tall and place your hands behind your head.
- Lift your right knee while twisting your torso.
- Bring your left elbow toward your right knee.
- Lower and repeat on the other side.
- Perform 10 reps per side.

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