



10 Chair Exercises for Seniors

Before You Begin, Please Keep in Mind:

- Always consult with a physician before starting any exercise program to ensure it is safe for you.
- Make sure you have enough space around you to move freely and safely.
- Wear supportive athletic footwear—avoid flip-flops, slippers, or any shoes that might cause you to trip.
- Keep a bottle or cup of water within easy reach for hydration.
- A sturdy, armless chair can be used for added stability. Ensure it is placed on a non-slip surface to prevent movement.
- **If you feel discomfort, dizziness, or pain at any time, stop exercising immediately and consult a doctor before continuing.**

Chair Exercise 1: Heel Touch and Arm Stretch



- Sit with good posture, feet hip-width apart, and arms bent at 90 degrees with palms facing forward.
- Extend your left foot forward and touch your heel on the floor.
- At the same time, lift both hands overhead, keeping control of the movement.
- Return to the starting position, then switch sides.
- Perform 10–15 repetitions per side, then rest.

Chair Exercise 2: Seated Back Stretch



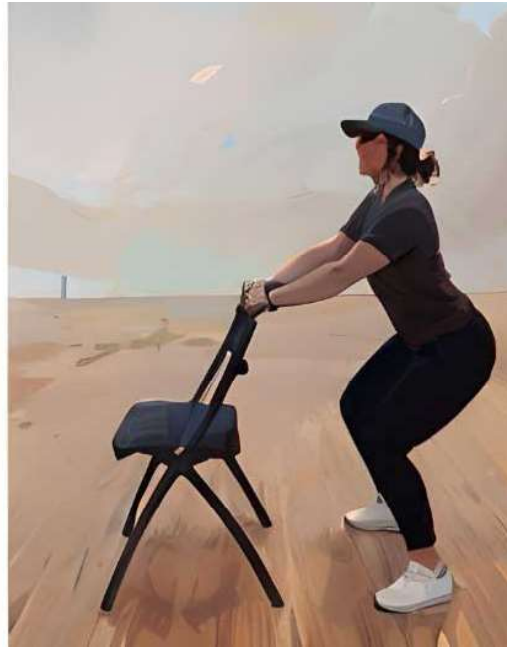
- Sit with feet flat, hands resting on your knees.
- Inhale as you arch your back, lifting your chest and drawing your shoulder blades together.
- Exhale as you round your back, tucking your chin and pulling your belly inward.
- Alternate between the two movements smoothly.
- Perform 10–15 repetitions, then rest.

Chair Exercise 3: Seated Crunch



- Sit comfortably in the chair with feet flat on the floor, hip-width apart.
- Keep your back straight, chin slightly tucked, and hands resting lightly by your ears—avoid pulling on your neck.
- Engage your core and lean forward slightly, bringing your shoulders toward your knees.
- Draw your belly button in and return to an upright position, keeping your posture tall between reps.
- Perform 10–15 repetitions, then rest.

Chair Exercise 4: Standing Squat



- Stand behind the chair, facing its backrest, with feet hip-width apart and toes pointing forward.
- Maintain an upright posture—shoulders down, chin slightly tucked, and spine lengthened.
- Begin by shifting your hips back as if preparing to sit. Allow your knees to bend naturally, following the movement of your hips.
- Lower yourself into a squat, ensuring your knees do not pass beyond your toes. Stop at a comfortable depth, not beyond a 90-degree bend.
- Return to standing.
- Perform 8–12 repetitions.

Chair Exercise 5: Standing Reverse Lunge



- Stand tall behind the chair, hands resting on the backrest for support. Feet should be hip-width apart with toes forward.
- Step your right foot back, extending the hip as your toes gently tap the floor behind you.
- Lower into a controlled lunge by bending your left knee, ensuring it does not go past 90 degrees.
- Press through your left heel to return to standing.
- Repeat on the opposite leg.
- Perform 10–15 repetitions per side, then rest and hydrate.

Chair Exercise 6: Shoulder and Arm Exercise



- Sit tall with arms extended outward at shoulder height, palms facing up.
- Raise your arms slightly forward and up into a “V” position.
- Lower them back to the starting position, then move them straight out to the sides
- Bring them back again, then extend them slightly backward, squeezing your shoulder blades together.
- Return to the position with arms straight out and repeat.
- Perform 10–15 repetitions, then take a rest and hydrate.

Chair Exercise 7: Leg Stretch and Bicep Curl



- Sit up straight with arms relaxed at your sides, palms facing forward.
- Lift your left thigh slightly, extending your foot forward to tap your toe on the floor.
- At the same time, bend both elbows, curling your hands toward your shoulders in a bicep curl.
- Lower your arms and return your foot to the starting position, then switch sides.
- Perform 10–15 repetitions, alternating legs, before resting.

Chair Exercise 8: Standing Hip Stretch



- Stand behind the chair, hands on the backrest, and maintain an upright posture.
- Keeping your torso stable, lift your left leg out to the side while keeping it straight. Toes should remain pointing forward.
- Hold for a brief pause at the top, then slowly lower your leg back down.
- Repeat on the right leg.
- Perform 8–12 repetitions per side, then take a break and drink water.

Chair Exercise 9: Arm Circles and Jogging Steps



- Sit tall (or stand, if preferred), keeping feet hip-width apart. Extend arms out to the sides at shoulder height.
- Begin jogging in place, lifting your feet alternately.
- Simultaneously, move your arms in small controlled circles, first in a backward direction.
- After a few repetitions, switch to forward circles.
- Perform 10–15 repetitions in each direction, then rest.

Chair Exercise 10: Seated Crunch



- Sit with feet flat, back straight, and hands by your ears.
- Lift your left knee toward your chest while twisting your torso to bring your right elbow toward the knee.
- Return to the starting position and repeat on the other side.
- Alternate sides for 10–15 repetitions.