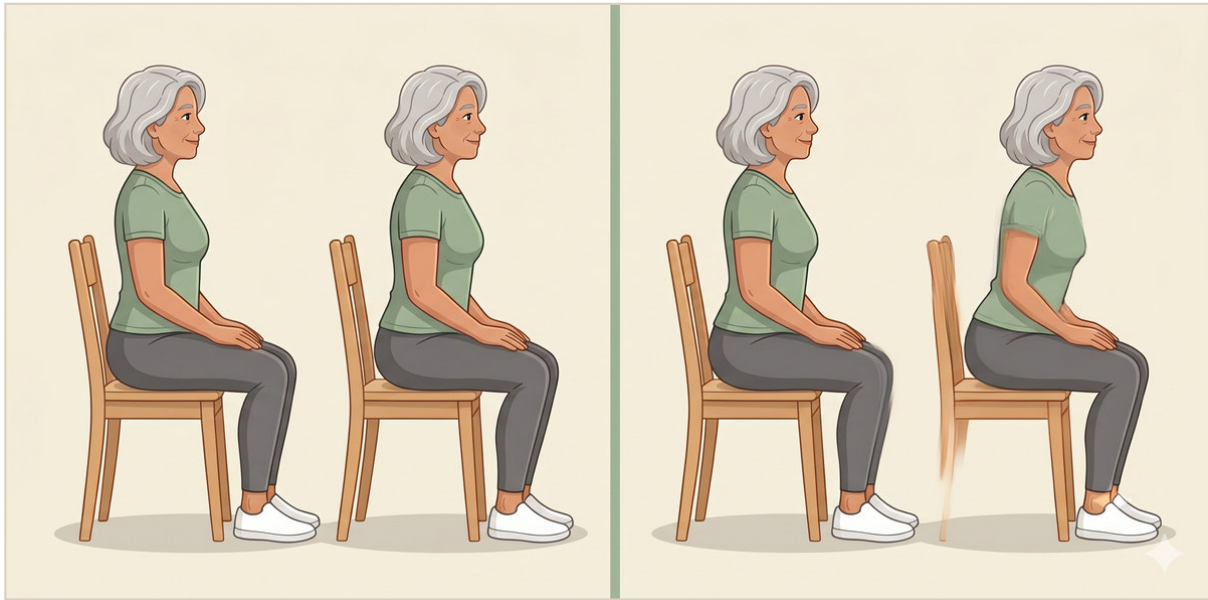


Back Exercises for Seniors (Free Printable Chart)

Seated and standing · A sturdy chair (and a mat)

Check with your doctor before starting a new exercise routine. Move slowly and stop any exercise that causes pain.

1. Seated Pelvic Tilt



1. Sit tall with both feet flat on the floor.
2. Gently rock the pelvis forward to arch the low back slightly.
3. Then rock it back to flatten the low back. Move slowly and smoothly.

Aim for: 10 slow rocks · 2 sets

2. Seated Knee-to-Chest



1. Sit tall toward the front of the chair, feet flat on the floor.
2. Hold behind one knee and gently draw it up toward your chest.
3. Hold, lower the foot, and switch legs.

Aim for: Hold 20 seconds each leg • 2 times

3. Standing Back Extension



1. Stand tall behind the chair, holding the back for support.
2. Place both hands on your low back and gently arch backward a few inches.
3. Return to upright and repeat.

Aim for: 6–8 reps • 1 set

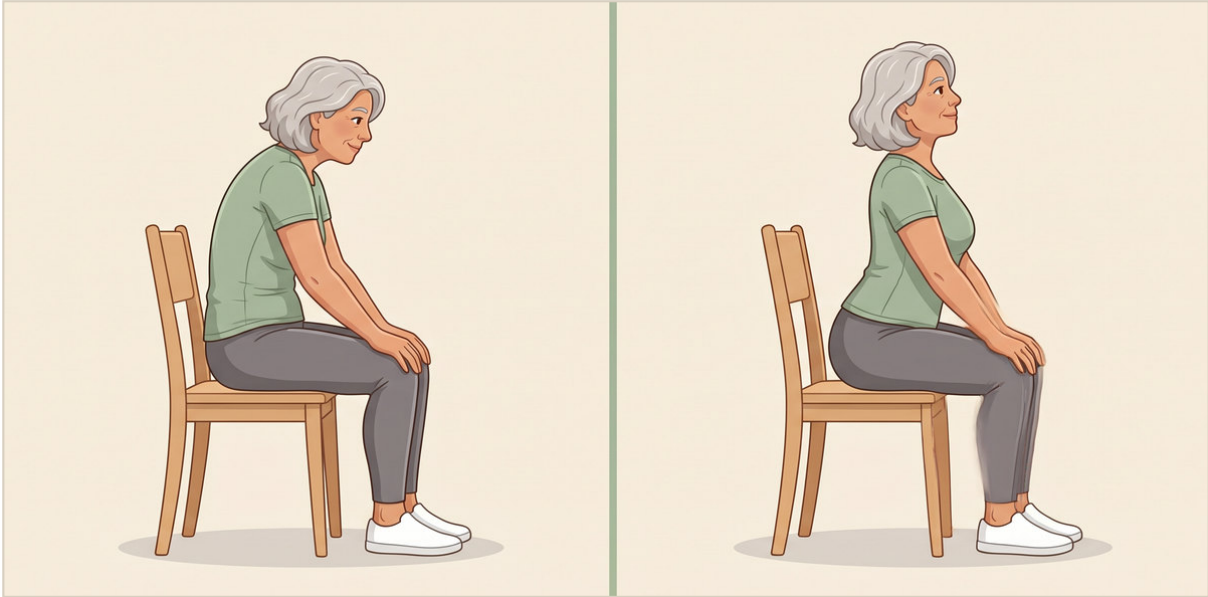
4. Seated Shoulder-Blade Squeeze



1. Sit tall with both arms relaxed at your sides.
2. Draw your elbows gently back and squeeze the shoulder blades together.
3. Hold two seconds, then release.

Aim for: 10–12 reps • 2 sets

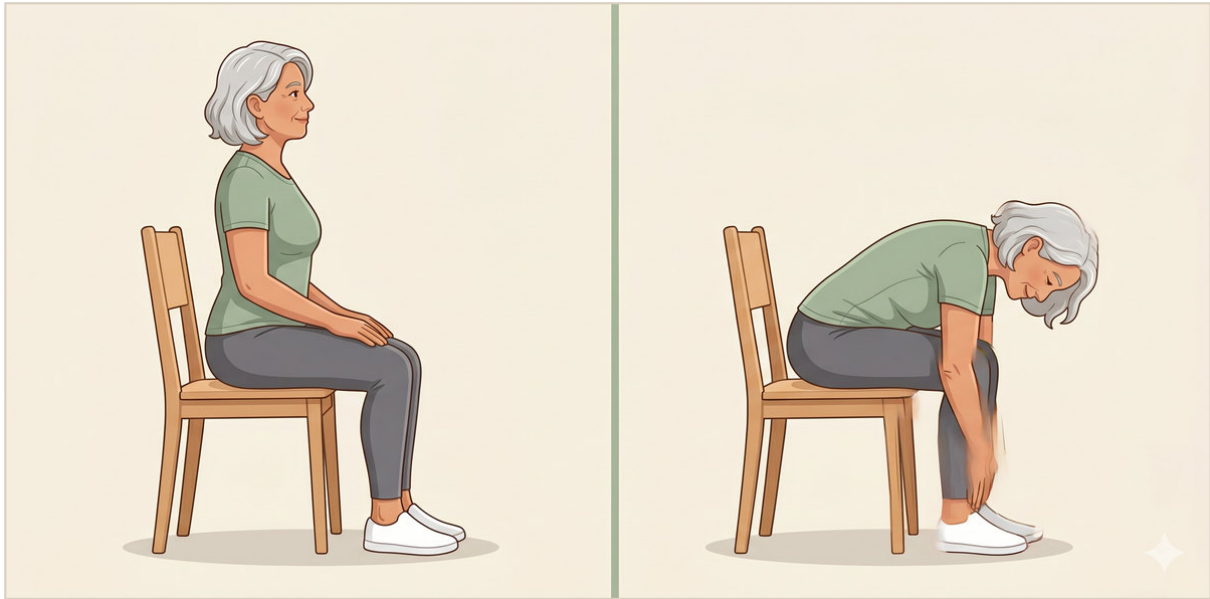
5. Seated Cat-Cow



1. Sit tall with hands on your knees.
2. Breathe in and arch gently, lifting the chest (cow).
3. Breathe out and round the back, tucking the chin (cat).

Aim for: 6 slow rounds

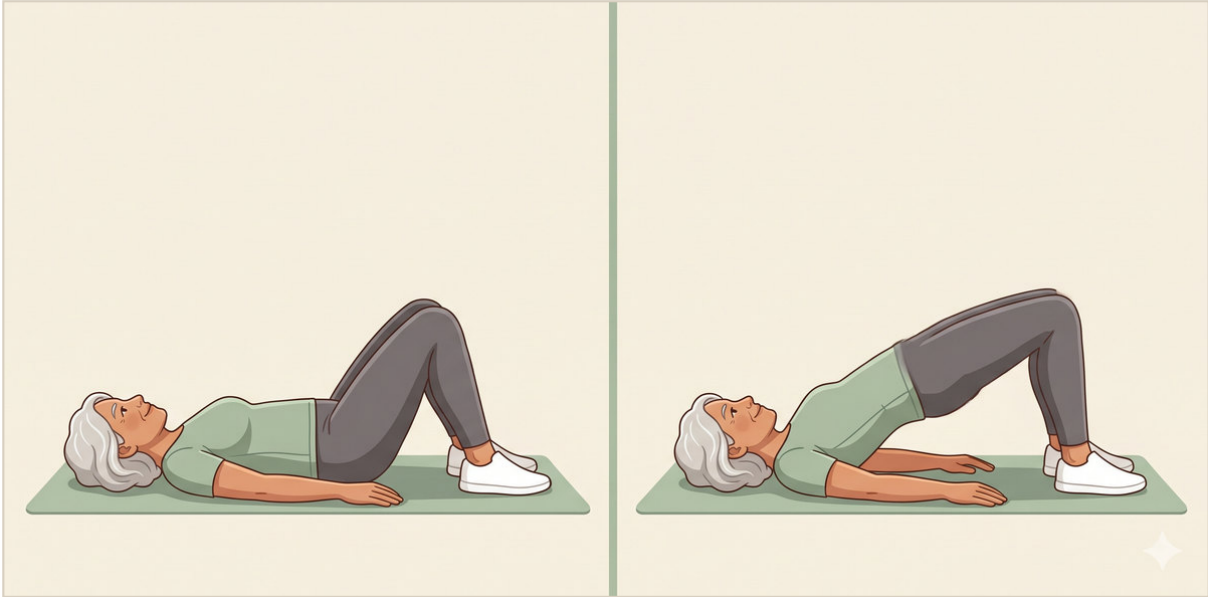
6. Seated Forward Fold



1. Sit tall toward the front of the chair, feet flat.
2. Breathe out and hinge forward from the hips, hands sliding down your legs.
3. Rest a moment, then roll up slowly to sitting.

Aim for: Hold 3 breaths · 2 times

7. Glute Bridge



1. Lie on the mat with knees bent, feet flat on the floor.
2. Breathe out and press through your heels to lift the hips into a bridge.
3. Hold for two seconds, then lower slowly.

Aim for: 8-10 reps • 2 sets