

Cool-Down 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 Neck Stretch



1. Sit or stand tall with shoulders relaxed.
2. Tilt your right ear gently toward your right shoulder.
3. Hold, then switch to the left side.

Aim for: Hold 15 seconds each side • 2 times

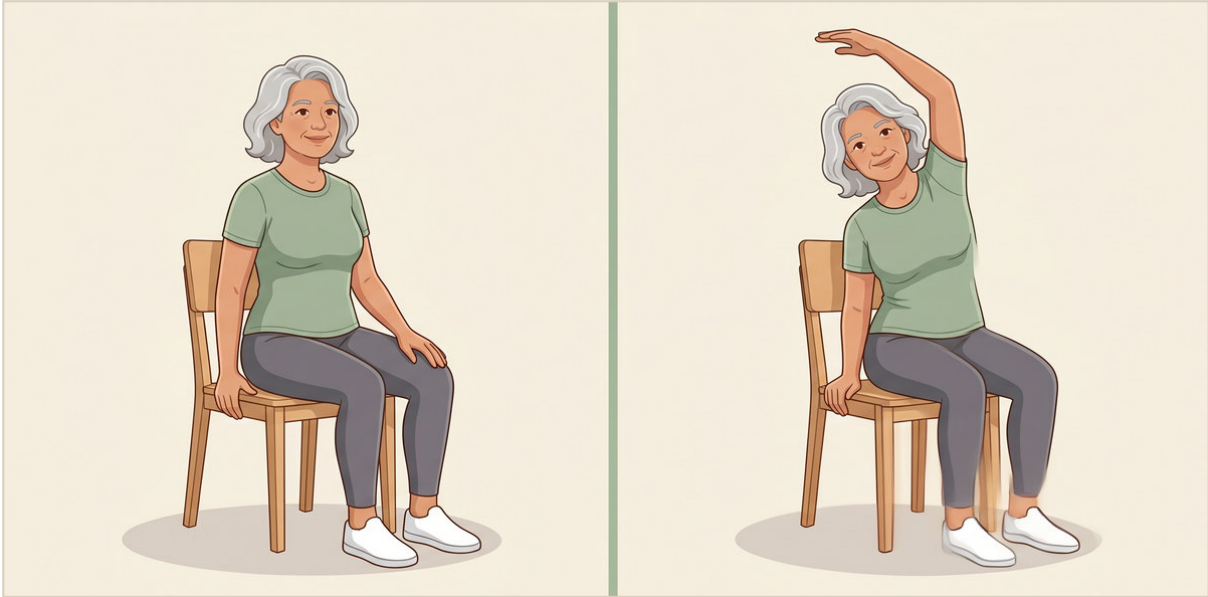
2. Seated Shoulder Rolls



1. Sit tall with arms relaxed.
2. Roll both shoulders slowly up, back, and down in a circle.
3. Do a set rolling backward, then a set rolling forward.

Aim for: 8 rolls each direction • 1 set

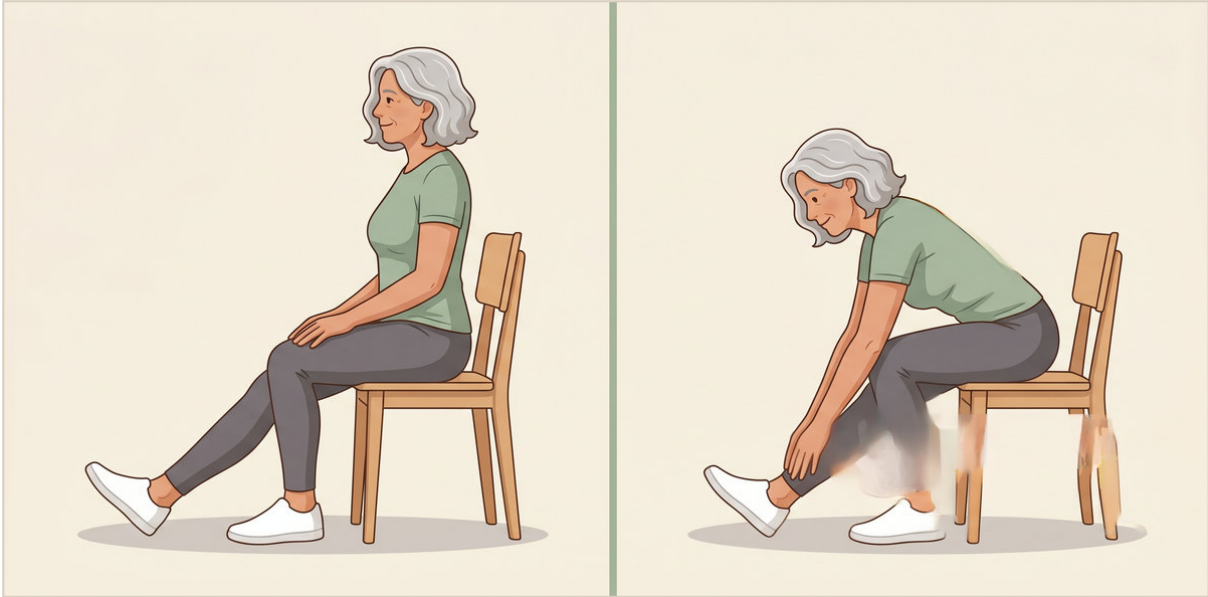
3. Seated Side Stretch



1. Sit tall, one hand on the chair seat.
2. Reach the other arm up and gently over to the side.
3. Hold, return, and switch sides.

Aim for: Hold 15 seconds each side • 2 times

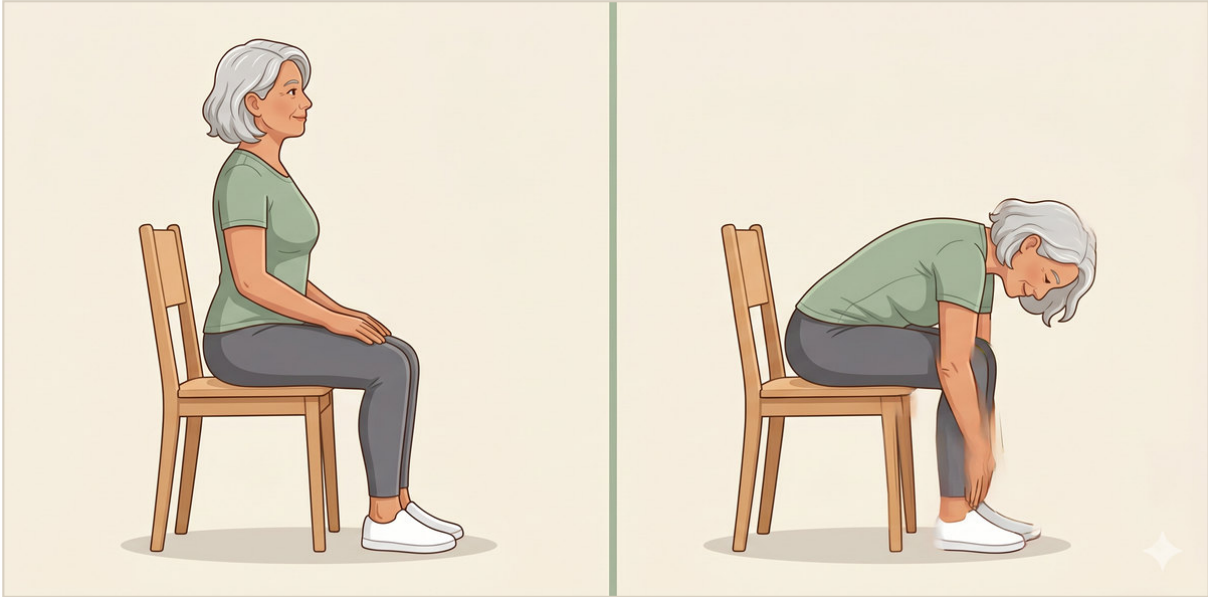
4. Seated Hamstring Stretch



1. Sit tall and straighten one leg out, heel on the floor, toes up.
2. Hinge forward gently from the hips until you feel a mild stretch.
3. Hold, then switch legs.

Aim for: Hold 20 seconds each leg • 2 times

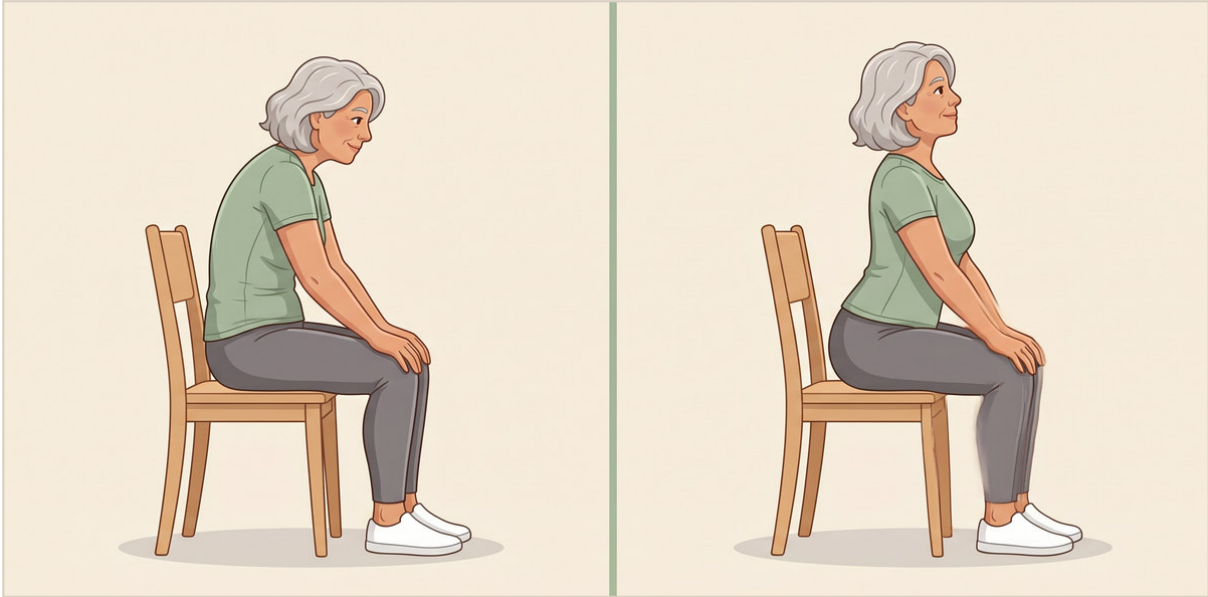
5. Seated Forward Fold



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

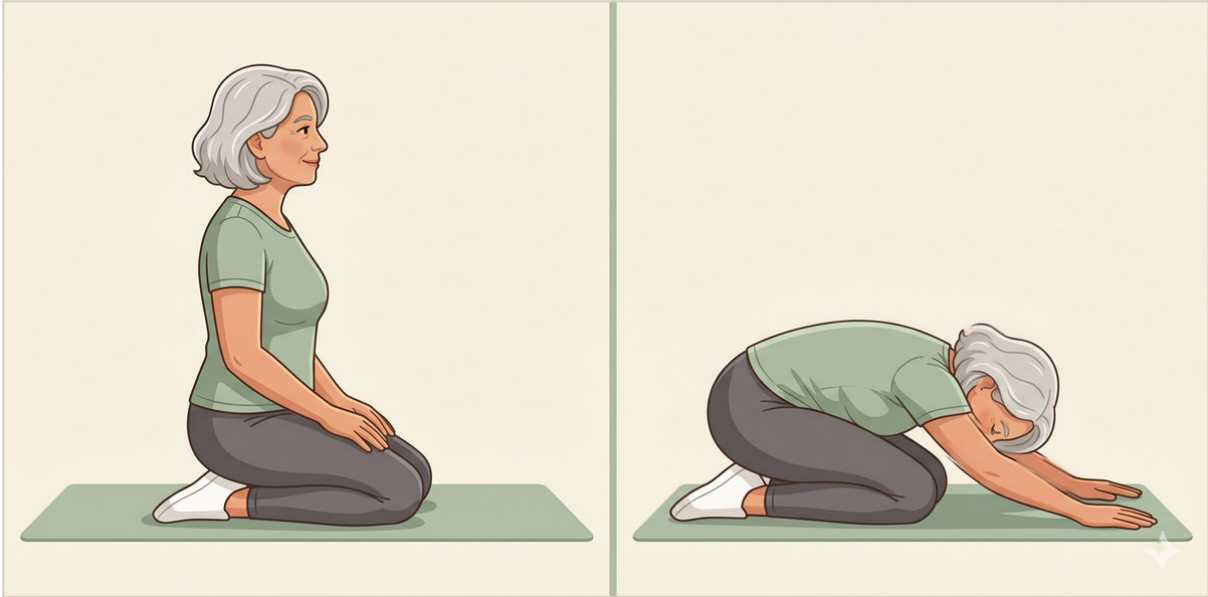
6. Seated Cat-Cow



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

7. Child's Pose



1. Kneel on the mat with knees slightly apart and toes touching.
2. Fold forward and reach both arms long in front of you.
3. Rest your forehead toward the mat and breathe slowly.

Aim for: Hold 5 breaths • 2 times