

# Core Exercises for Seniors (Free Printable Chart)

Seated and standing · A sturdy chair without wheels

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

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## 1. Seated Oblique Side Bend



1. Sit tall with both hands lightly behind your head.
2. Breathe out and bend slowly toward one hip.
3. Return to center and bend to the other side.

**Aim for: 8 reps each side · 2 sets**

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## 2. Seated Knee-to-Elbow

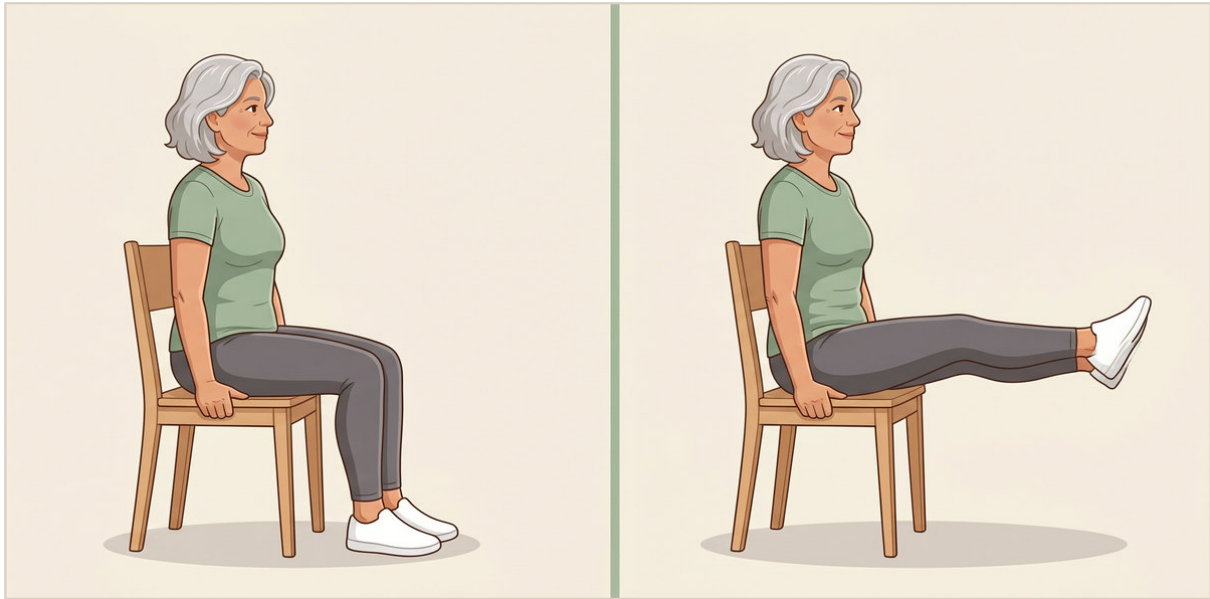


1. Sit tall with hands lightly behind your head.
2. Lift your right knee and bring it toward your left elbow with a gentle twist.
3. Lower and switch sides.

**Aim for: 8 reps each side • 2 sets**

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### 3. Seated Leg Raise

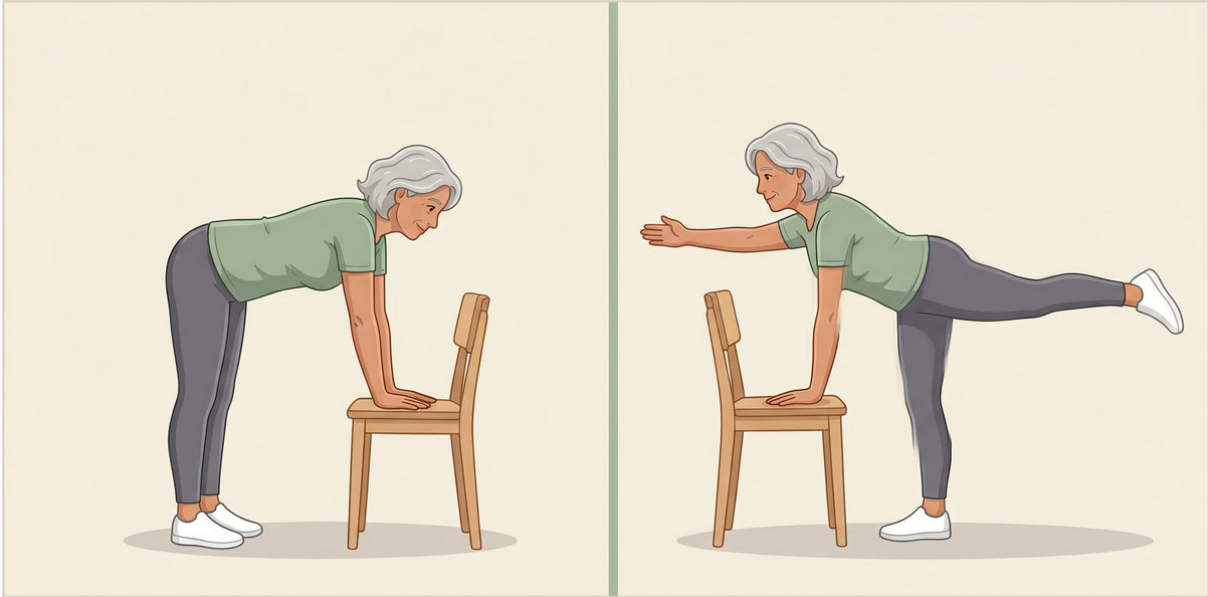


1. Sit toward the front of the chair and grip the seat.
2. Slowly lift both lower legs out until they are nearly straight.
3. Lower them with control. Keep your back tall.

**Aim for: 8–10 reps • 2 sets**

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## 4. Chair Bird-Dog

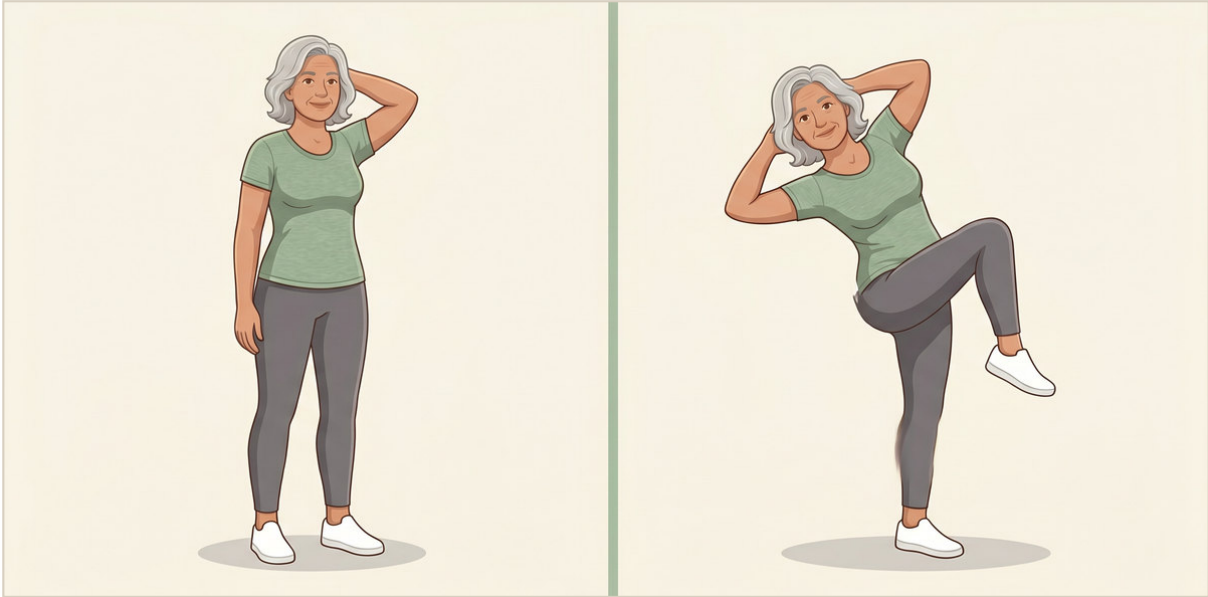


1. Sit tall with both feet flat on the floor, hands on your knees.
2. Slowly extend your right arm forward while lifting your left foot a few inches.
3. Hold two seconds, lower, and switch sides.

**Aim for: 6 reps each side • 2 sets**

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## 5. Standing Side Crunch



1. Stand tall behind the chair, holding the back with one hand.
2. Lift one knee out to the side while the opposite elbow moves toward it.
3. Lower and switch sides.

**Aim for: 8 reps each side • 2 sets**

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## 6. Seated Marching



1. Sit tall near the front of the chair, feet flat on the floor.
2. Lift one knee up as high as is comfortable, then lower it.
3. Lift the other knee. Keep a steady, walking rhythm.

**Aim for: 20 marches total (10 each leg) • 2 sets**

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## 7. Seated Trunk Twist



1. Sit tall, arms crossed loosely over your chest.
2. Turn your upper body gently to the right and look over your shoulder.
3. Return to center, then turn gently to the left.

**Aim for: 6–8 turns each side • 1 set**