

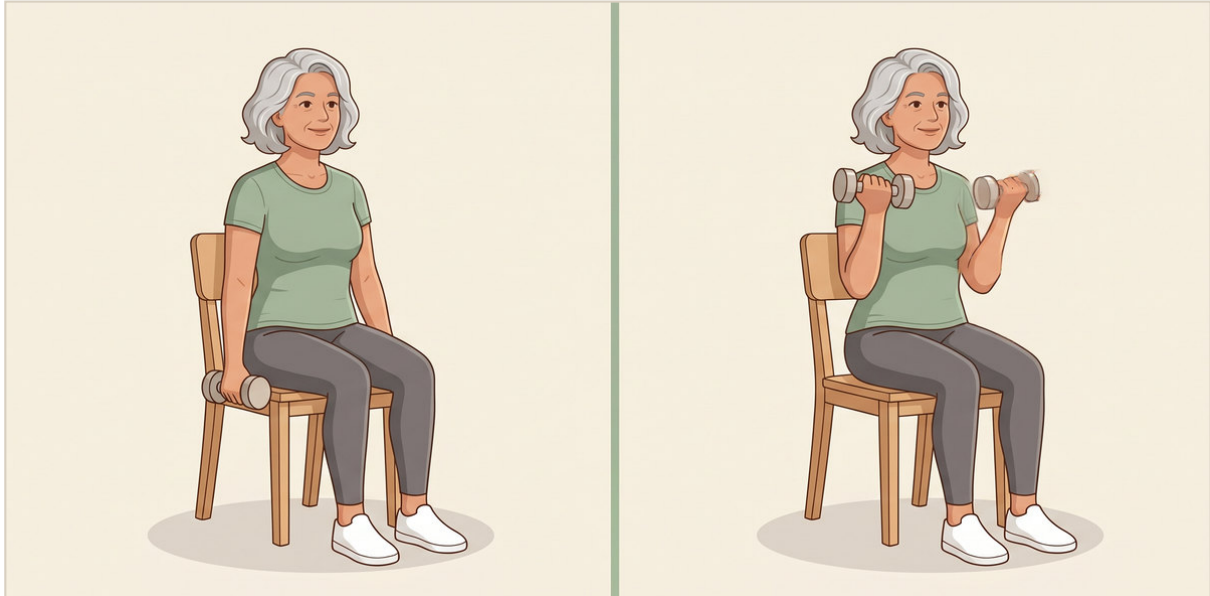
# Dumbbell Exercises for Seniors (Free Printable Chart)

Seated and standing • Light dumbbells and a sturdy chair

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

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## 1. Dumbbell Bicep Curl

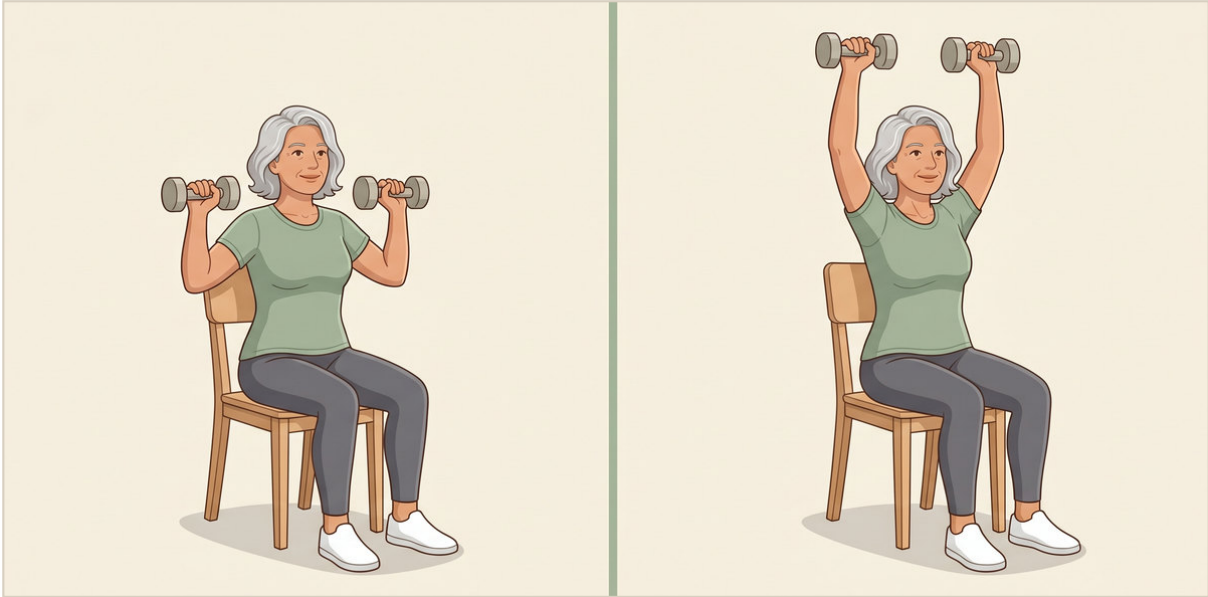


1. Sit tall or stand, a light dumbbell in each hand, palms facing forward.
2. Curl both dumbbells up toward the shoulders, keeping elbows at your sides.
3. Lower them slowly with control.

**Aim for: 10 reps • 2 sets**

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## 2. Dumbbell Overhead Press

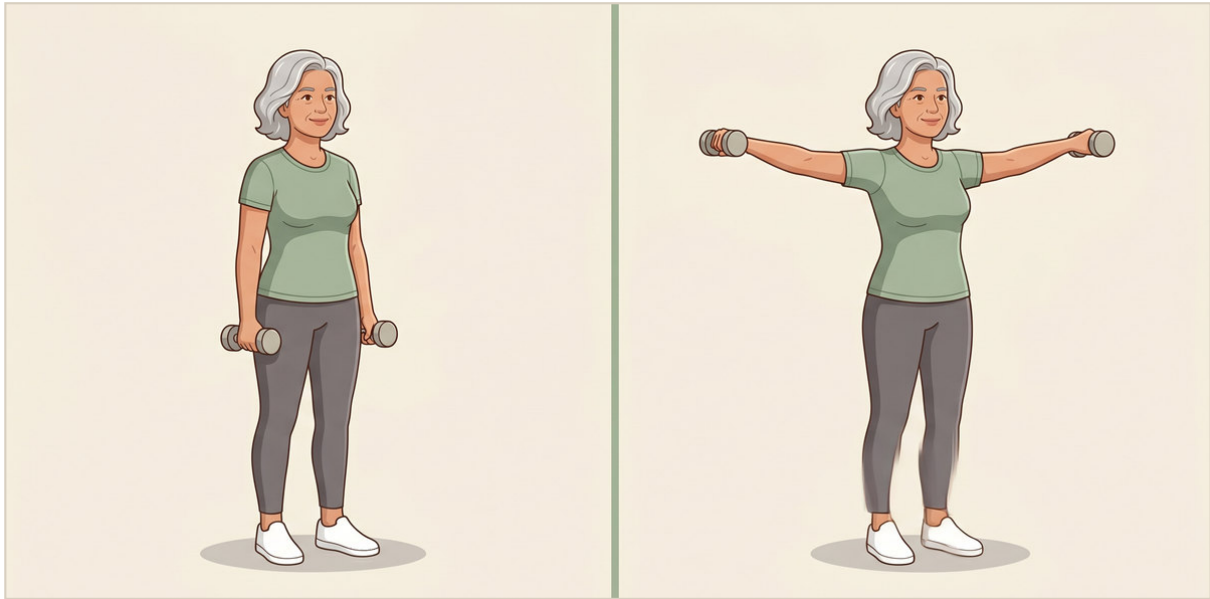


1. Sit tall or stand behind the chair, a light dumbbell in each hand at shoulder height.
2. Press both dumbbells straight overhead until the arms are nearly straight.
3. Lower them slowly back to shoulder height.

**Aim for: 8-10 reps • 2 sets**

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### 3. Dumbbell Lateral Raise

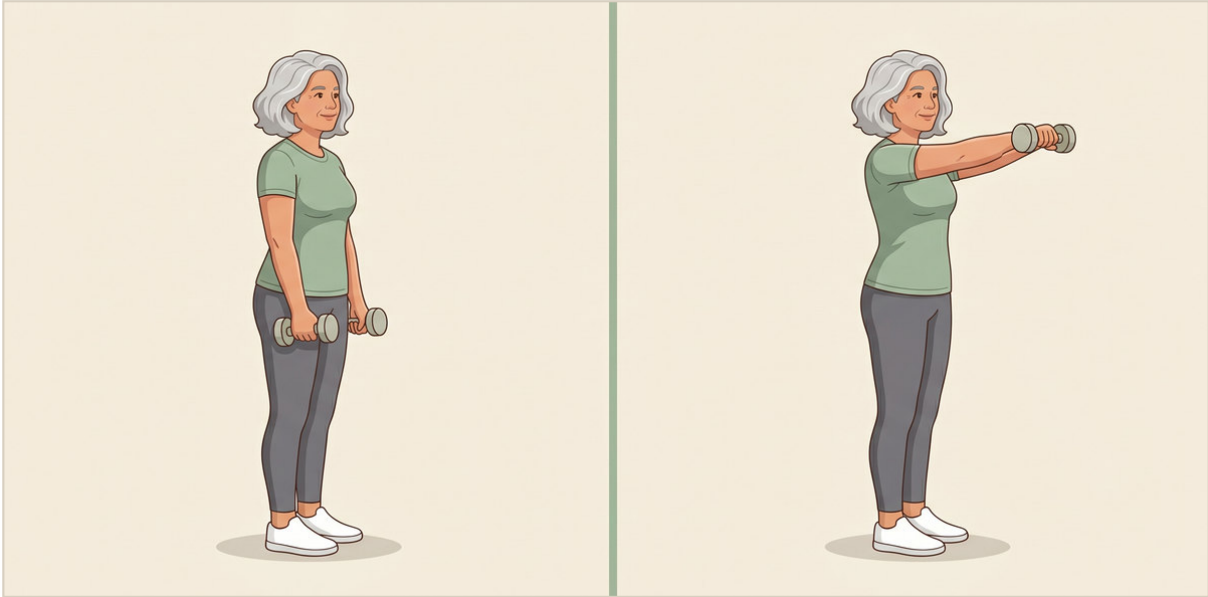


1. Stand or sit tall, a dumbbell in each hand at your sides.
2. Raise both arms out to the sides until they reach shoulder height.
3. Lower them slowly with control.

**Aim for: 8-10 reps • 2 sets**

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## 4. Dumbbell Front Raise

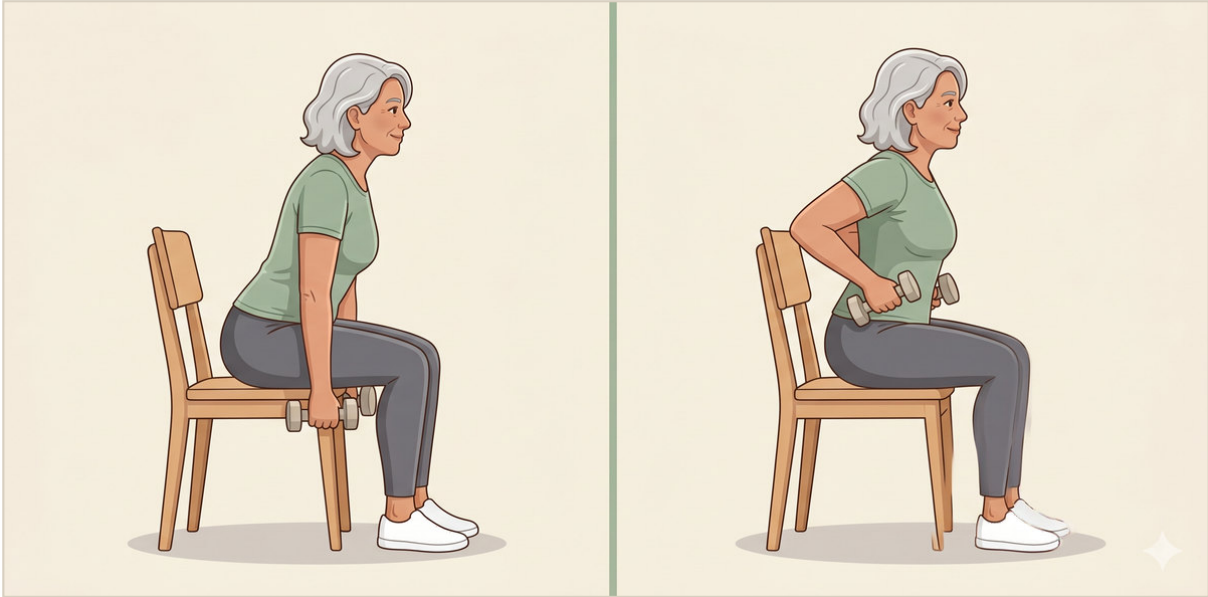


1. Stand or sit tall, a dumbbell in each hand at your sides.
2. Raise both arms straight forward to shoulder height.
3. Lower them slowly with control.

**Aim for: 8-10 reps • 2 sets**

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## 5. Seated Dumbbell Row

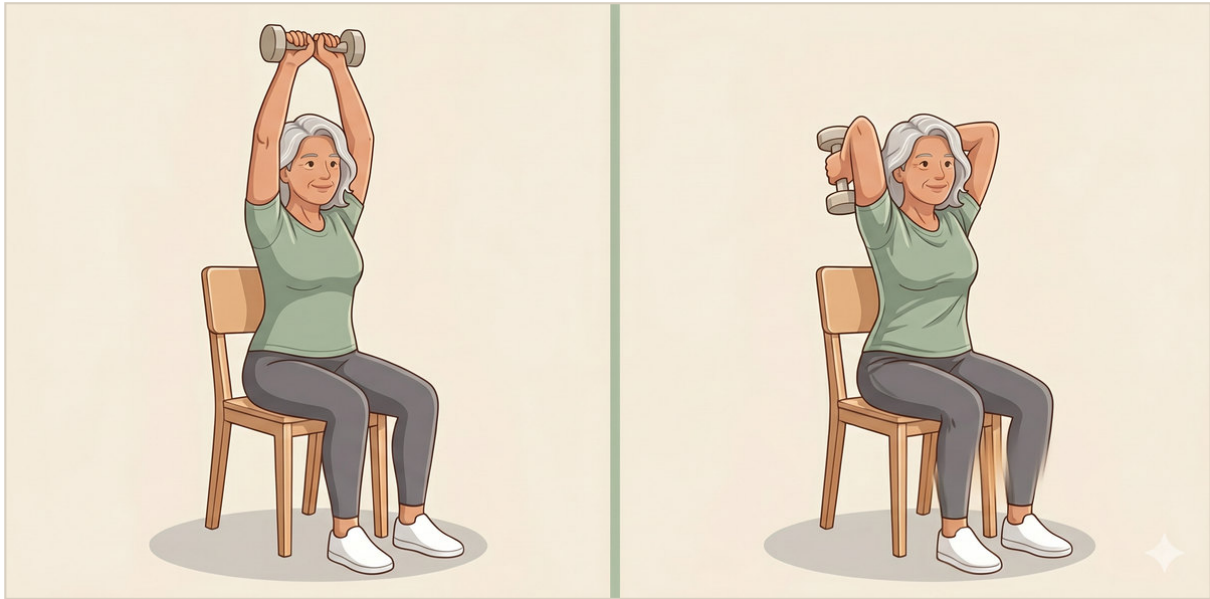


1. Sit toward the front of the chair and hinge forward slightly from the hips.
2. Hold a dumbbell in each hand and pull both elbows straight back.
3. Lower the weights with control and repeat.

**Aim for: 10 reps • 2 sets**

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## 6. Overhead Triceps Extension



1. Sit tall and hold one dumbbell with both hands overhead.
2. Lower the dumbbell behind the head by bending the elbows.
3. Press it back overhead until the arms are nearly straight.

**Aim for: 8–10 reps • 2 sets**

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## 7. Sit-to-Stand



1. Sit toward the front of the chair, feet flat and slightly back.
2. Lean forward and stand up, using hands on the chair only if needed.
3. Sit back down slowly with control.

**Aim for: 5–8 reps • 2 sets**