

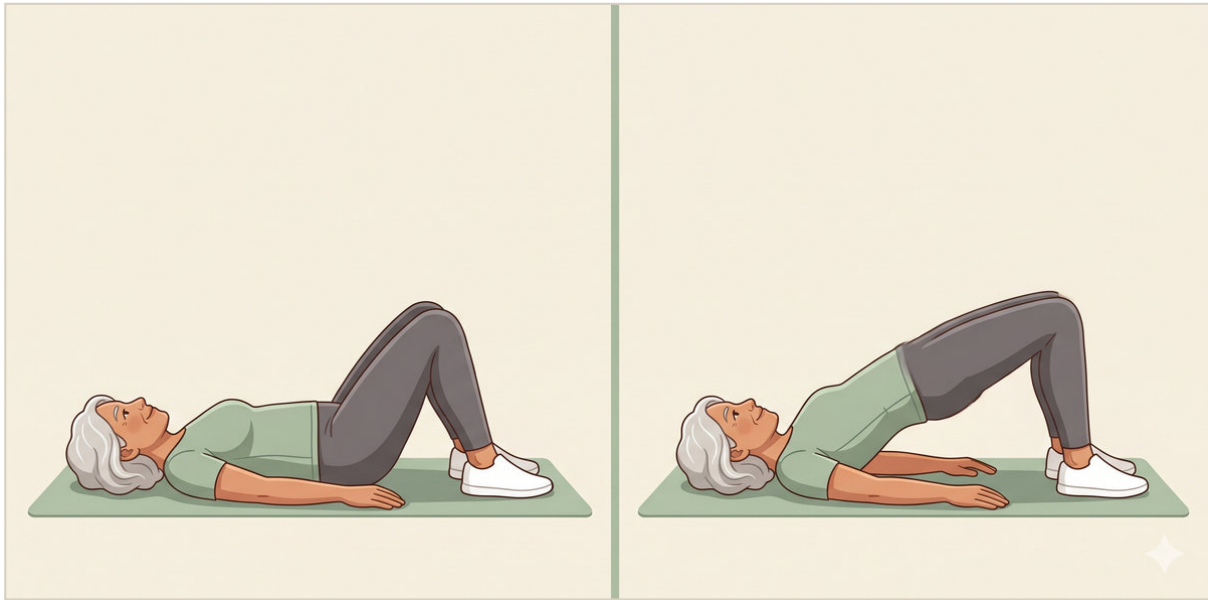
# Floor Exercises for Seniors (Free Printable Chart)

Floor • A soft exercise mat

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

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## 1. Glute Bridge

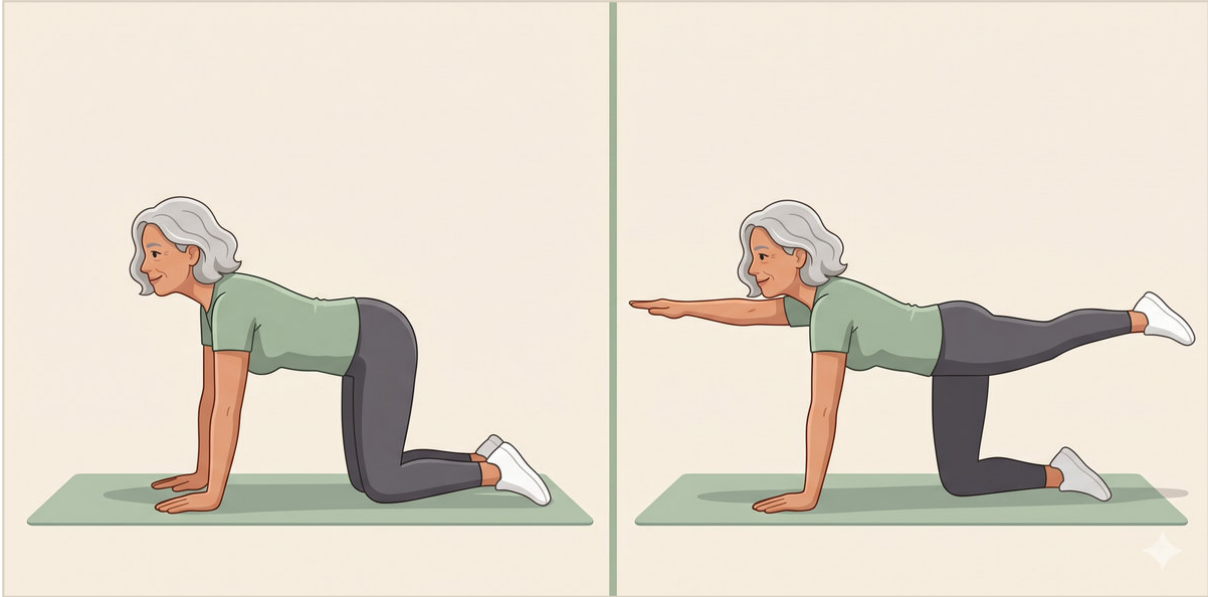


1. Lie on the mat with knees bent, feet flat on the floor.
2. Breathe out and press through your heels to lift the hips into a bridge.
3. Hold for two seconds, then lower slowly.

**Aim for: 8-10 reps • 2 sets**

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## 2. Bird-Dog

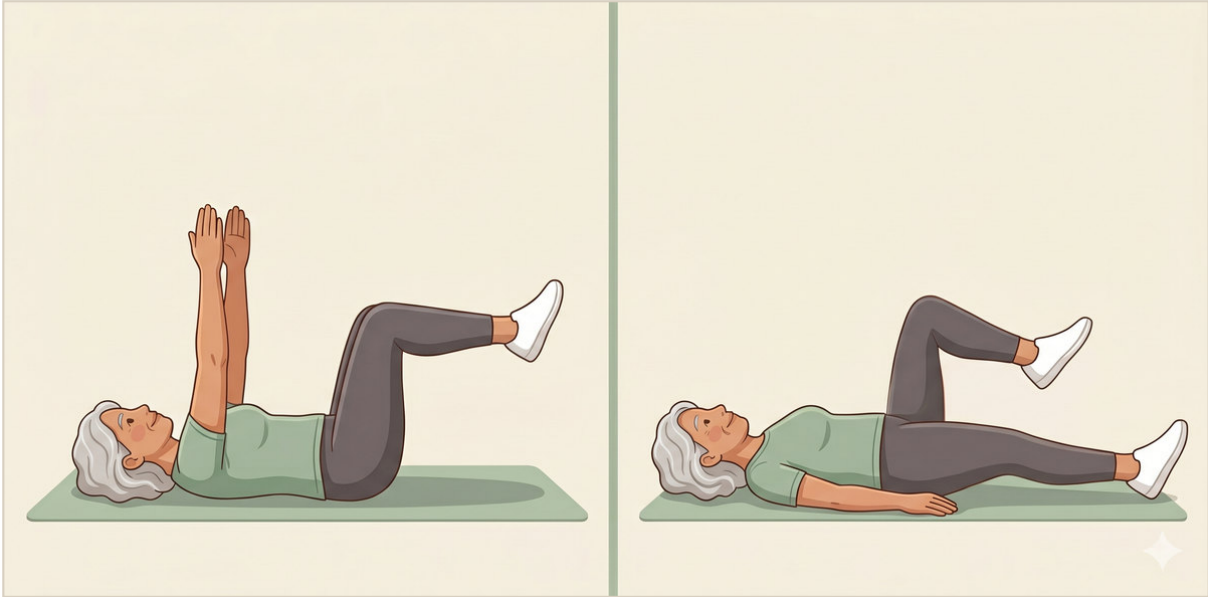


1. Start on hands and knees on the mat, wrists under shoulders.
2. Slowly extend your right arm forward and your left leg back.
3. Hold two seconds, return, and switch sides.

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

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### 3. Dead Bug

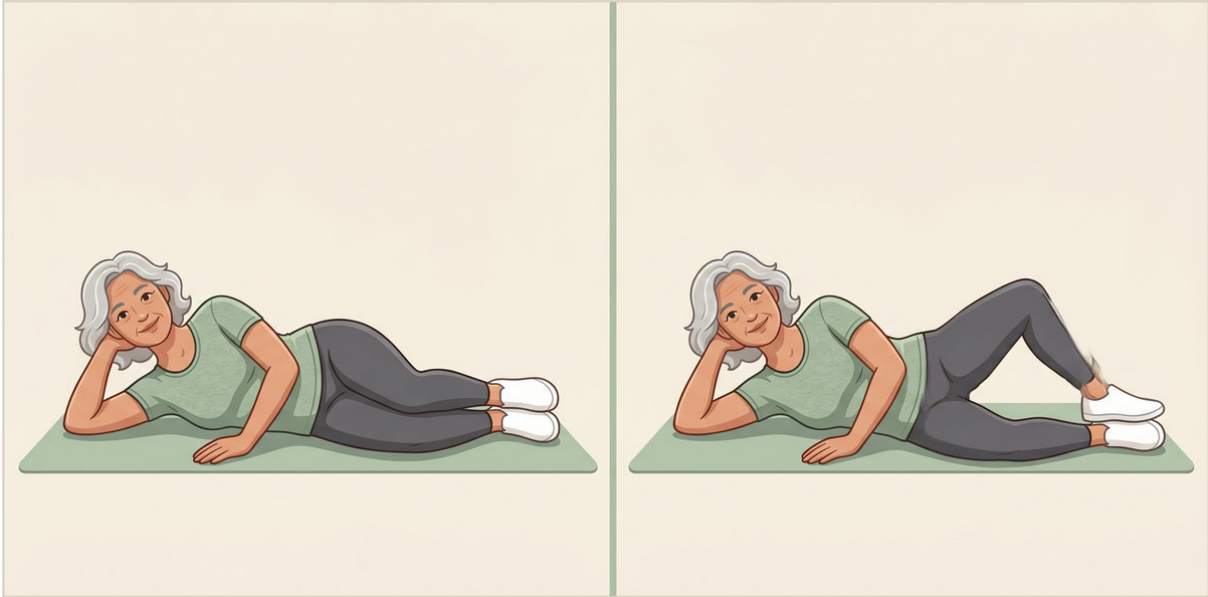


1. Lie on the mat with arms pointing to the ceiling and knees above hips at 90 degrees.
2. Slowly lower your right arm and left leg toward the floor.
3. Return to start and switch sides.

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

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## 4. Clamshell

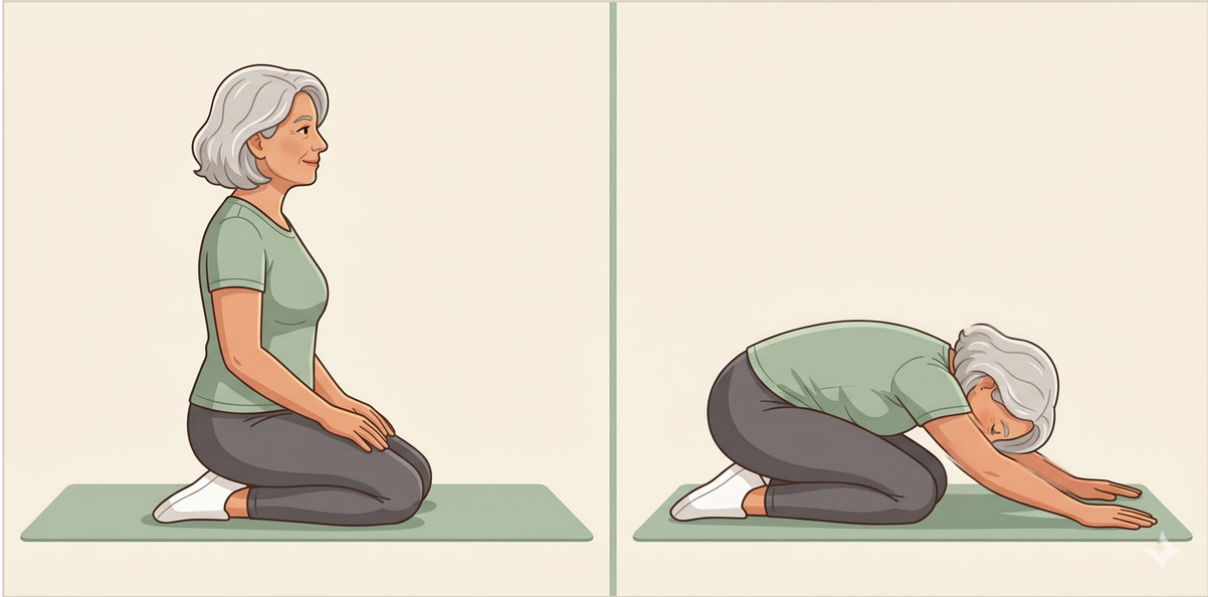


1. Lie on one side with knees bent and stacked, head resting on your arm.
2. Keeping the feet together, open the top knee upward like a clamshell.
3. Lower it with control and repeat, then switch sides.

**Aim for: 10 reps each side • 2 sets**

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## 5. Child's Pose

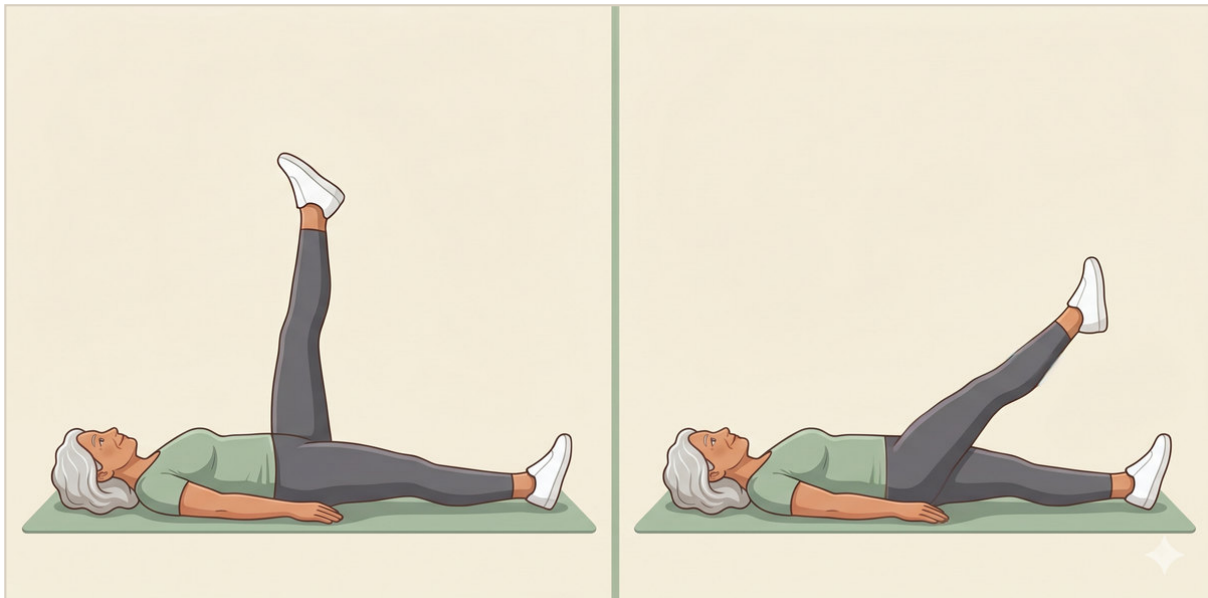


1. Kneel on the mat with knees slightly apart and toes touching.
2. Fold forward and reach both arms long in front of you.
3. Rest your forehead toward the mat and breathe slowly.

**Aim for: Hold 5 breaths • 2 times**

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## 6. Single Leg Circle



1. Lie on the mat, one leg extended, the other raised toward the ceiling.
2. Circle the raised leg slowly across the body, down, and around.
3. Circle the other way, then lower and switch legs.

**Aim for: 5 circles each way, each leg • 1 set**