

Leg-Strengthening Exercises for Seniors (Free Printable Chart)

Seated and standing • A sturdy chair to sit on and hold

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

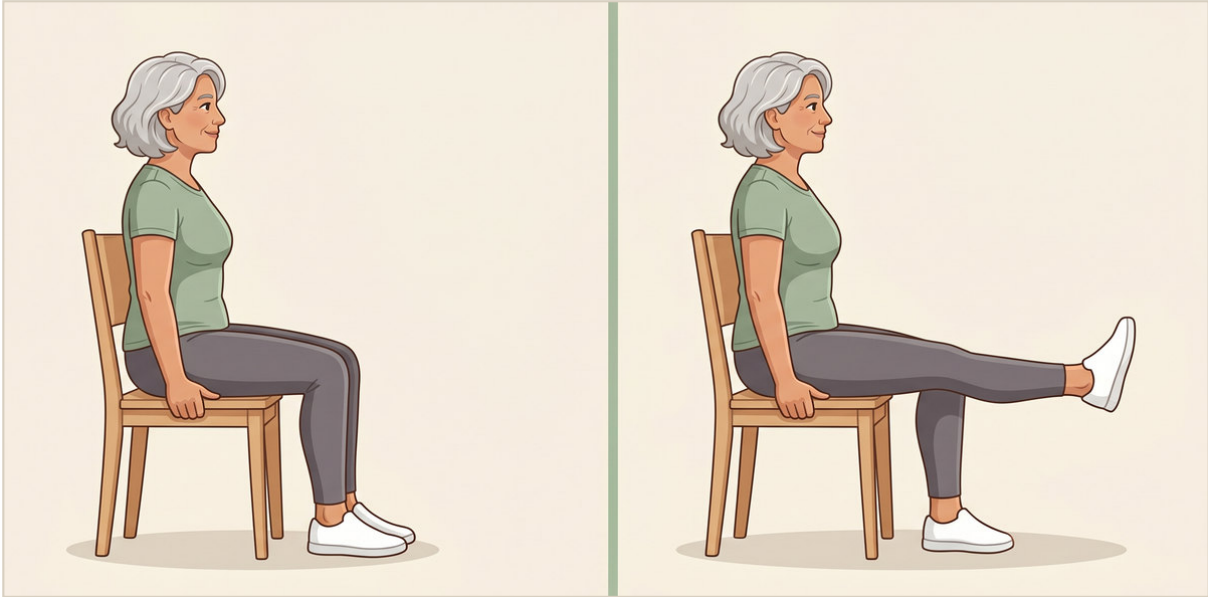
1. Sit-to-Stand



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

Aim for: 8-10 reps • 2 sets

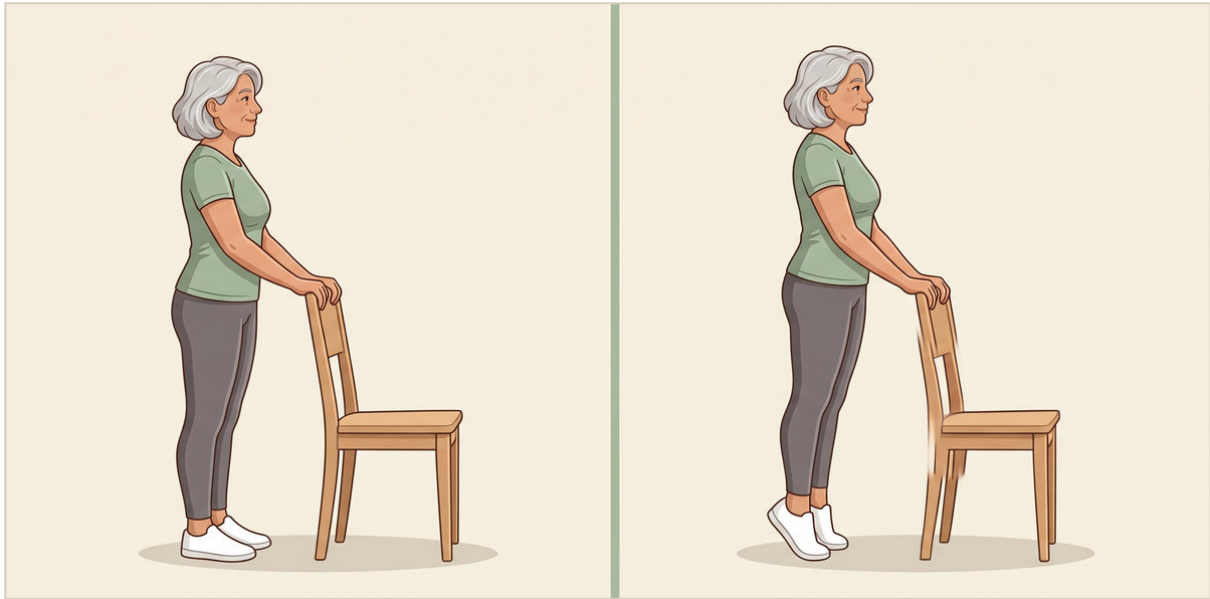
2. Seated Knee Extension



1. Sit tall with both feet flat.
2. Straighten one leg out until level, hold two seconds.
3. Lower slowly and switch legs.

Aim for: 10 reps each leg · 2 sets

3. Calf Raises



- 1. Stand tall behind a chair, hands on the back.**
- 2. Rise up onto the balls of your feet.**
- 3. Lower your heels slowly.**

Aim for: 12 reps • 2 sets

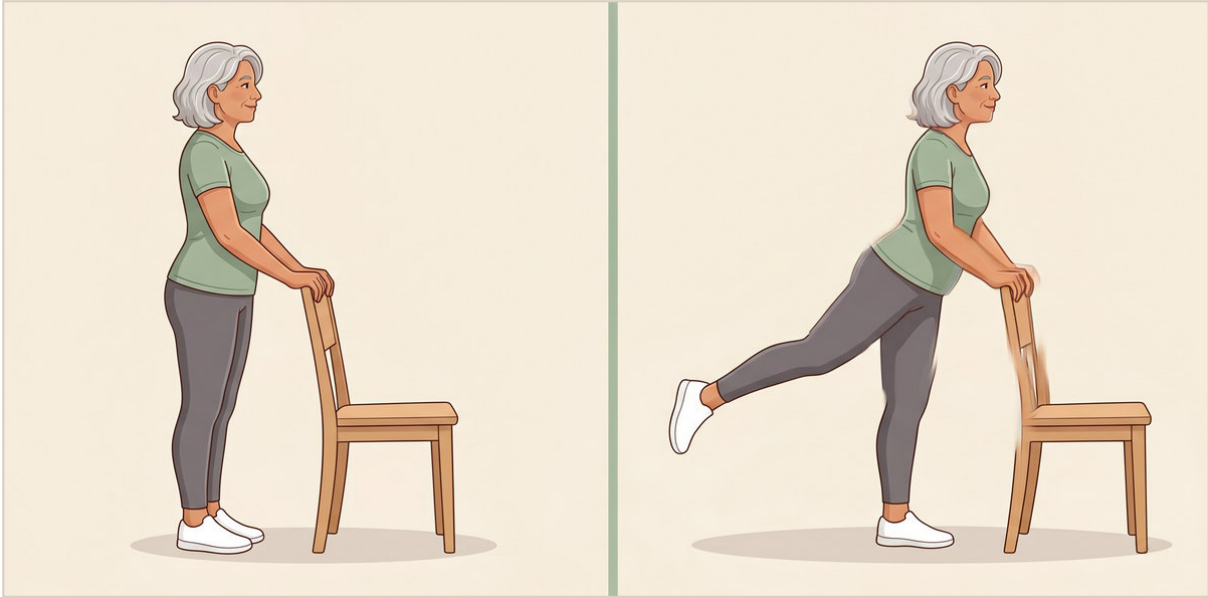
4. Standing Side Leg Raise



1. Stand tall behind a chair, holding the back.
2. Lift one leg out to the side, keeping it straight.
3. Lower it slowly and switch legs.

Aim for: 10 reps each leg · 2 sets

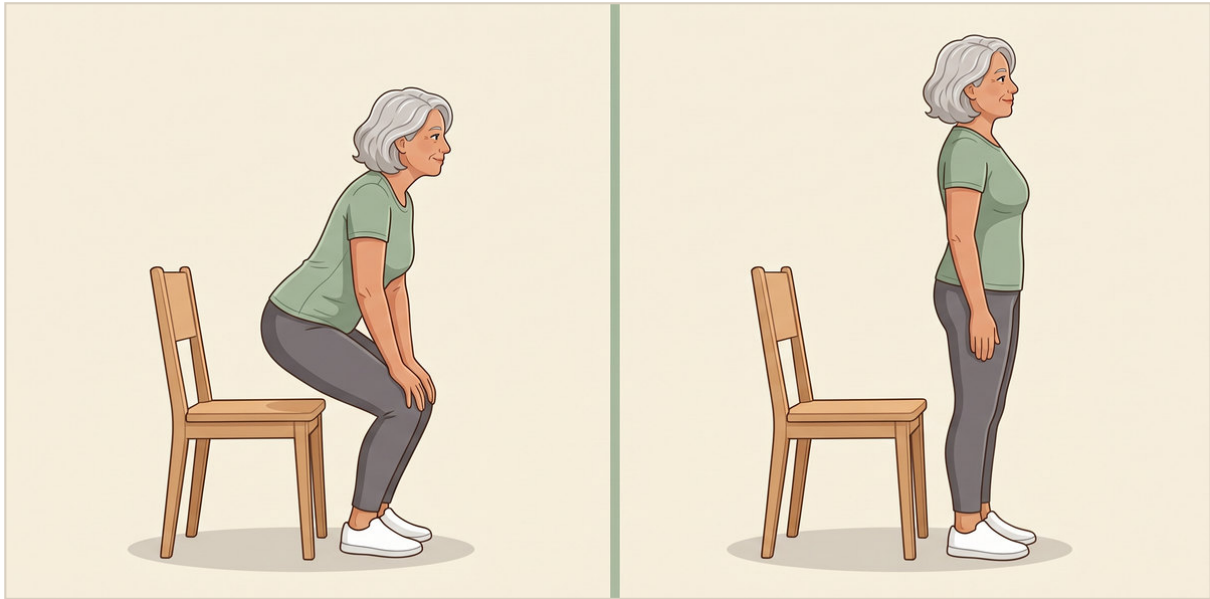
5. Standing Back Leg Raise



1. Stand tall behind a chair, holding the back.
2. Lift one leg straight back without leaning forward.
3. Lower it slowly and switch legs.

Aim for: 10 reps each leg · 2 sets

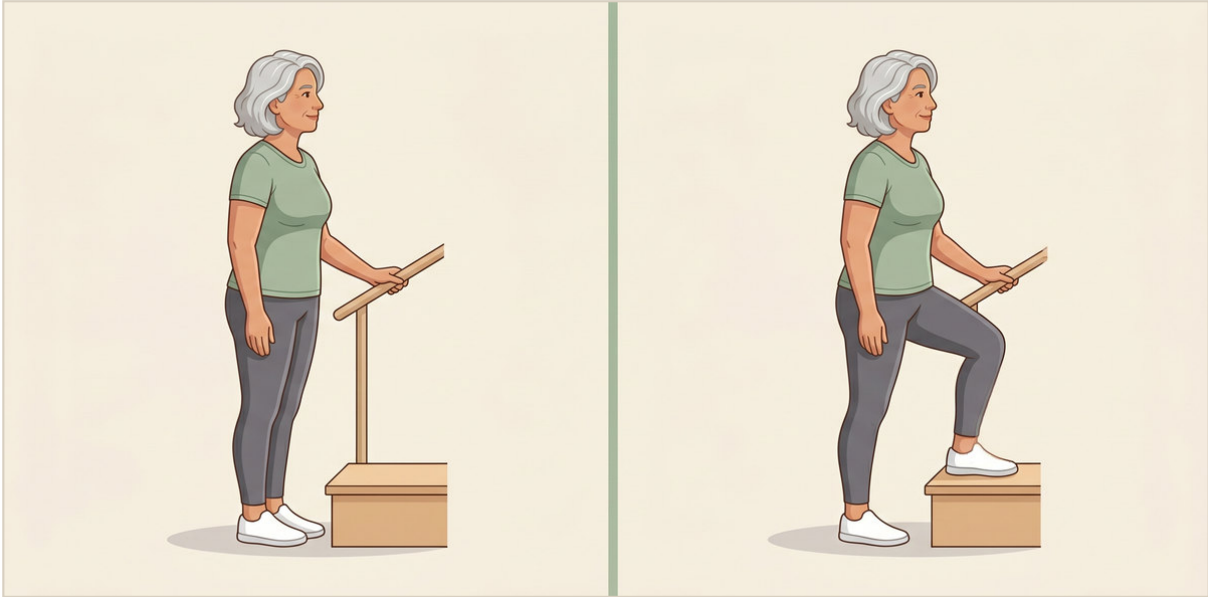
6. Mini Squats



1. Stand tall behind a chair, holding the back.
2. Bend your knees and lower a few inches, as if to sit.
3. Press through your heels to stand tall again.

Aim for: 8-10 reps • 2 sets

7. Supported Step-Up



1. Stand at the bottom of a step, holding a rail.
2. Step up with one foot, bring the other up to meet it.
3. Step back down one foot at a time. Lead with the other foot next time.

Aim for: 6–8 step-ups each leg • 1 set