

Osteoporosis Exercises for Seniors (Free Printable Chart)

Seated and standing · A sturdy chair and light dumbbells

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

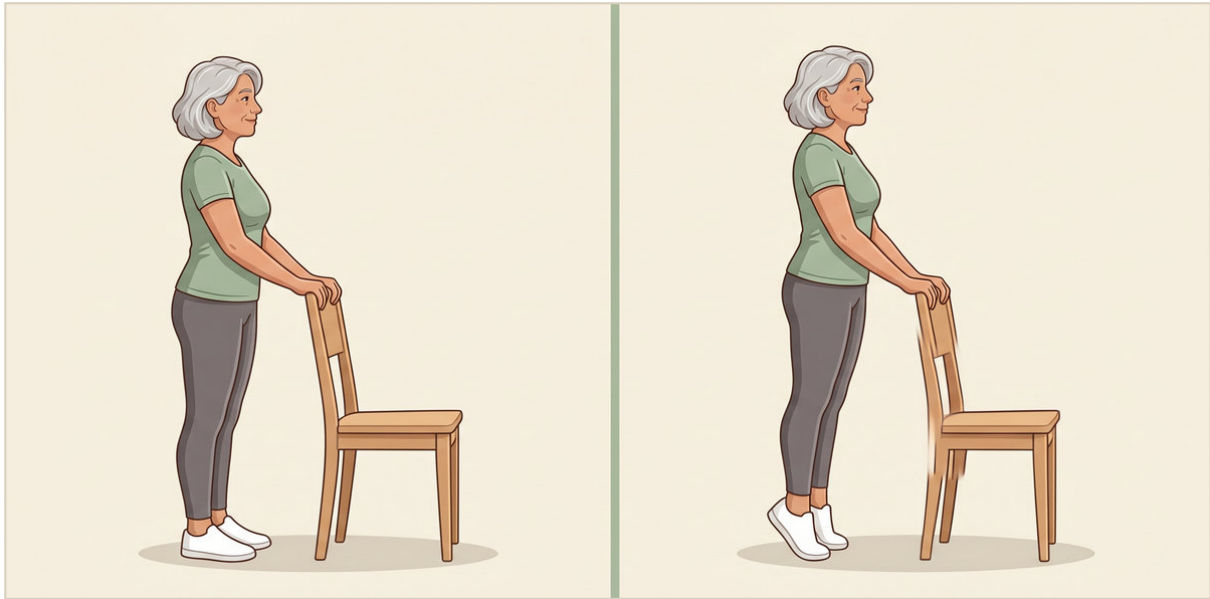
1. Sit-to-Stand



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

Aim for: 5–8 reps · 2 sets

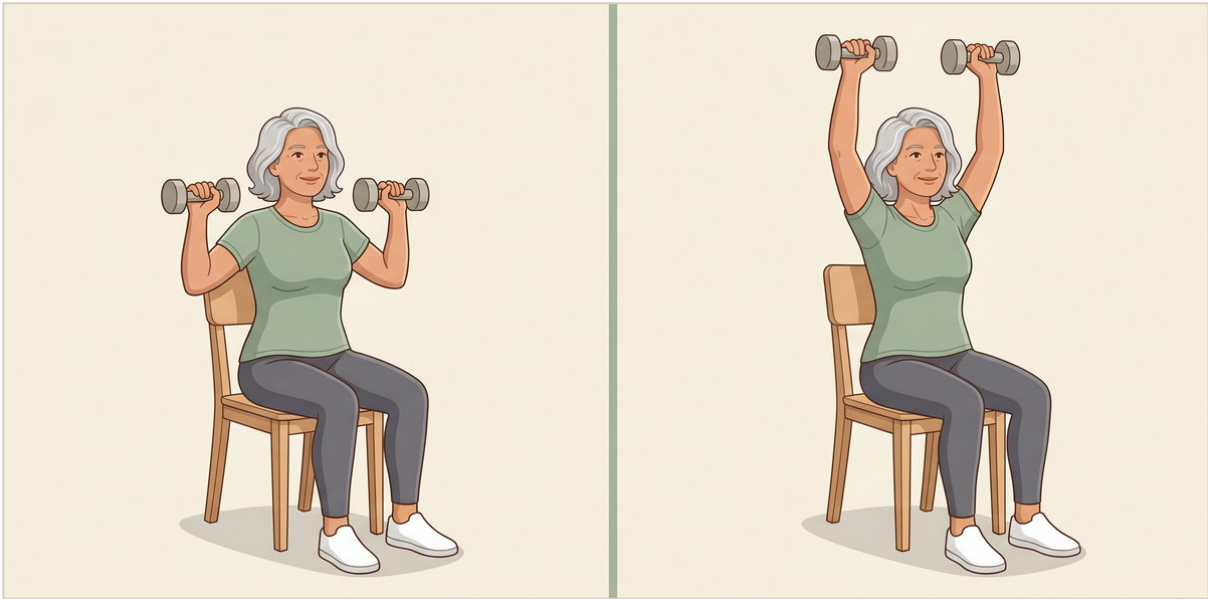
2. Calf Raises



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

Aim for: 10-12 reps • 2 sets

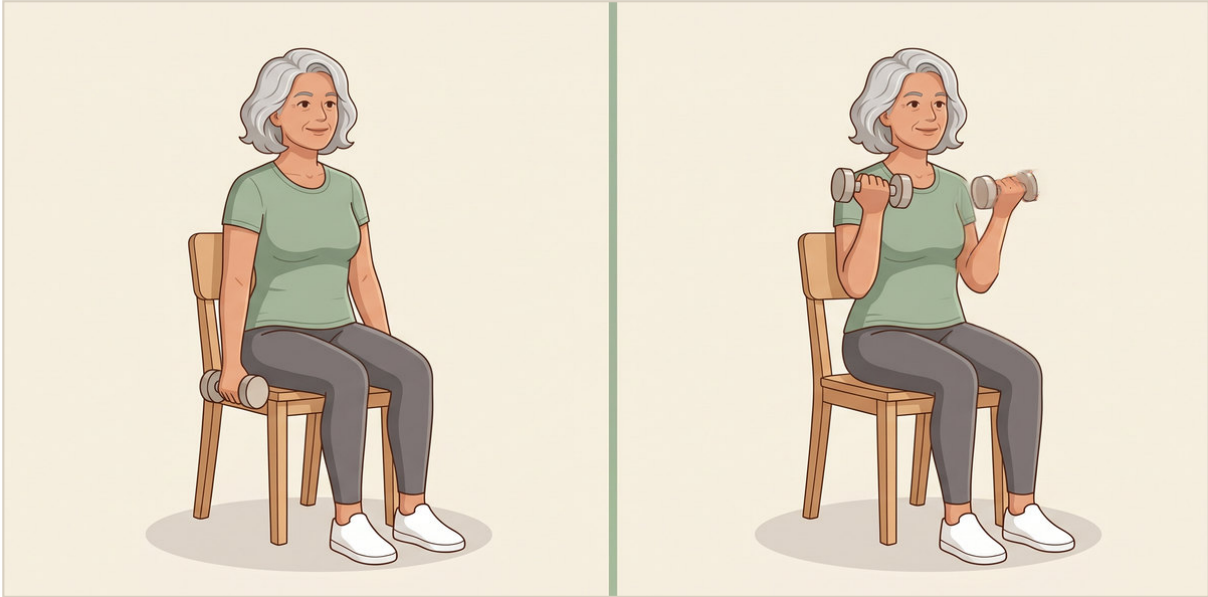
3. Dumbbell Overhead Press



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

4. 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

5. Seated Shoulder-Blade Squeeze



1. Sit tall with both arms relaxed at your sides.
2. Draw your elbows gently back and squeeze the shoulder blades together.
3. Hold two seconds, then release.

Aim for: 10–12 reps • 2 sets

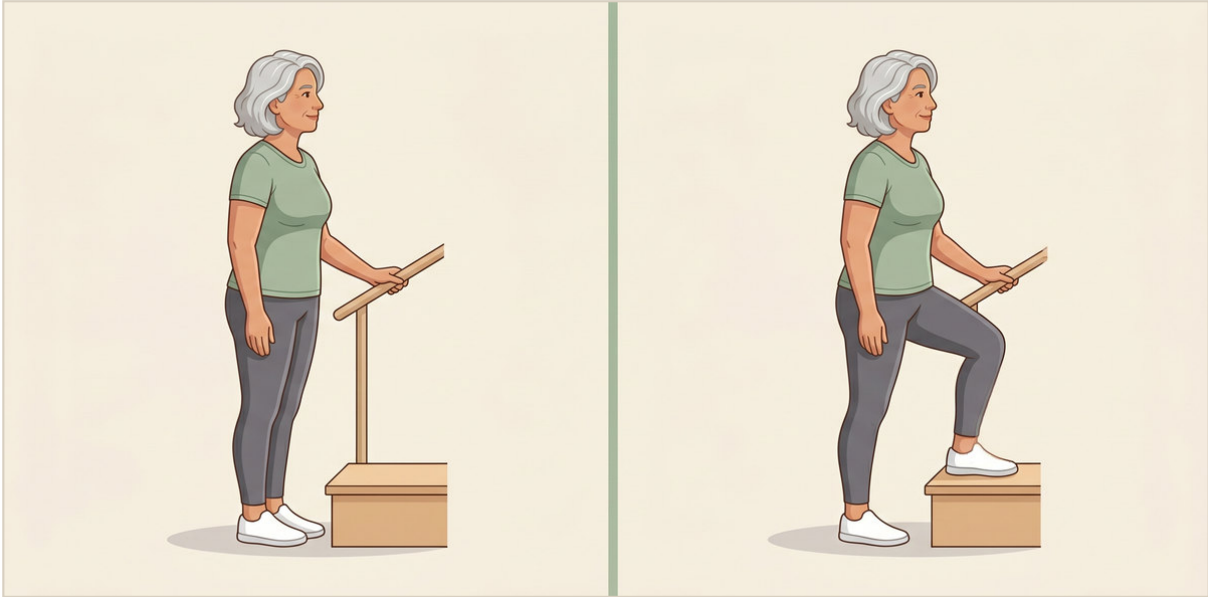
6. Standing Side Leg Raise



1. Stand tall behind a chair, holding the back.
2. Lift one leg out to the side, keeping it straight and toes forward.
3. Lower it slowly. Keep your body upright.

Aim for: 8-10 reps each leg • 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