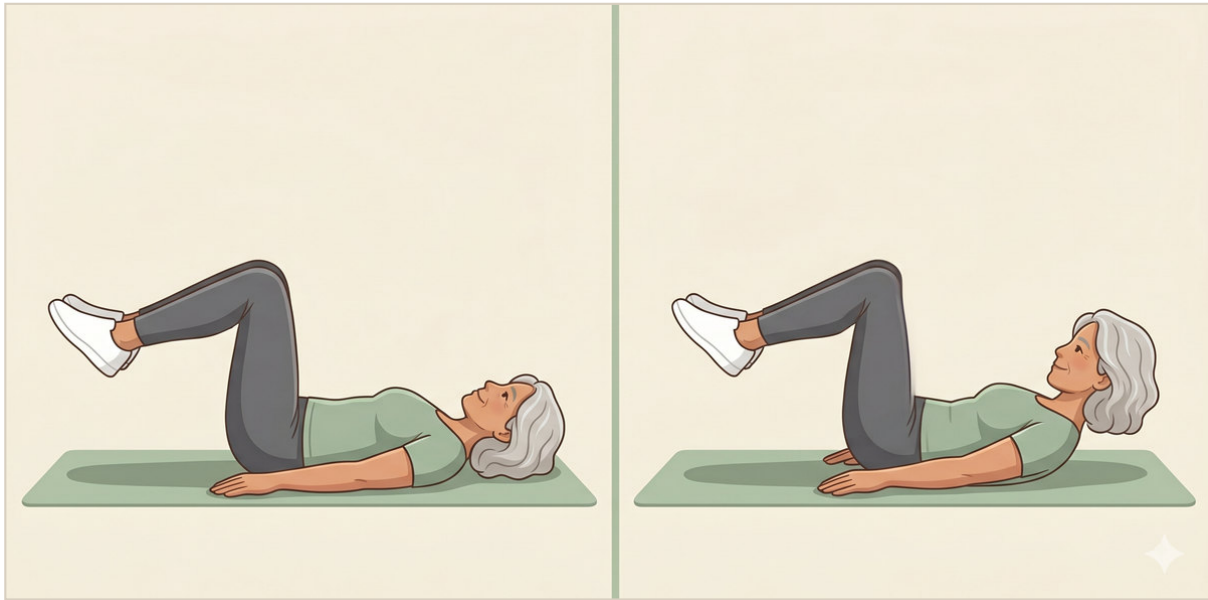


Pilates for Seniors (Free Printable Chart)

Floor and seated · A soft exercise mat and a chair

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

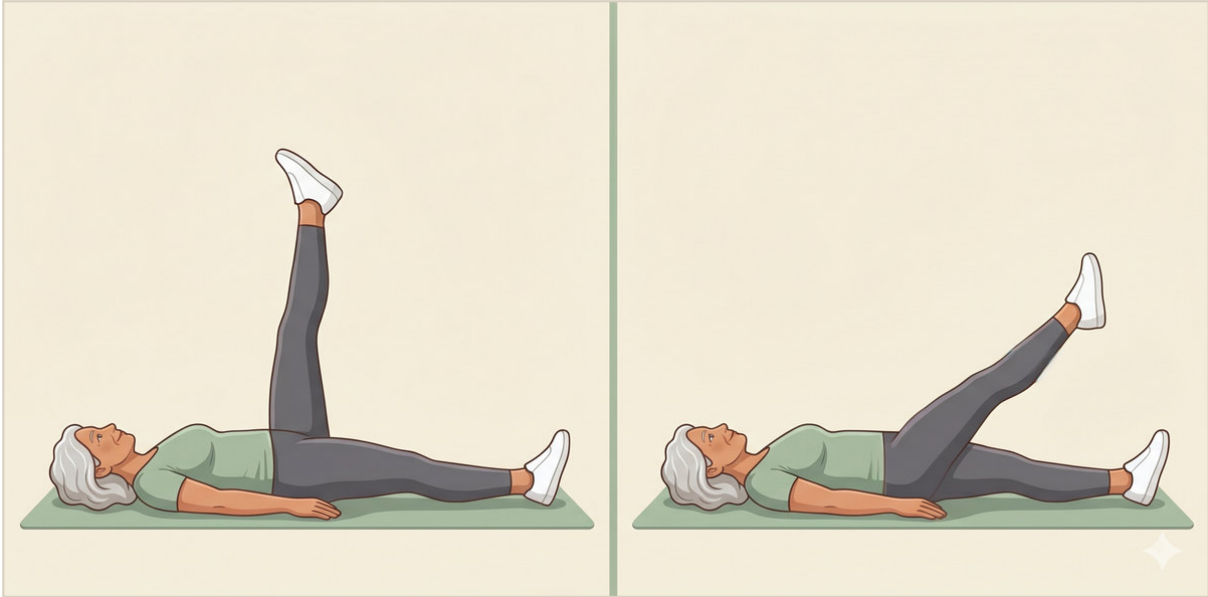
1. Modified Hundred



1. Lie on the mat with knees bent, feet flat, and arms at your sides.
2. Breathe in to prepare, then breathe out and curl the head and shoulders up gently.
3. Pulse the arms up and down in small beats for five counts in, five counts out.

Aim for: 3 rounds of 10 beats · 1 set

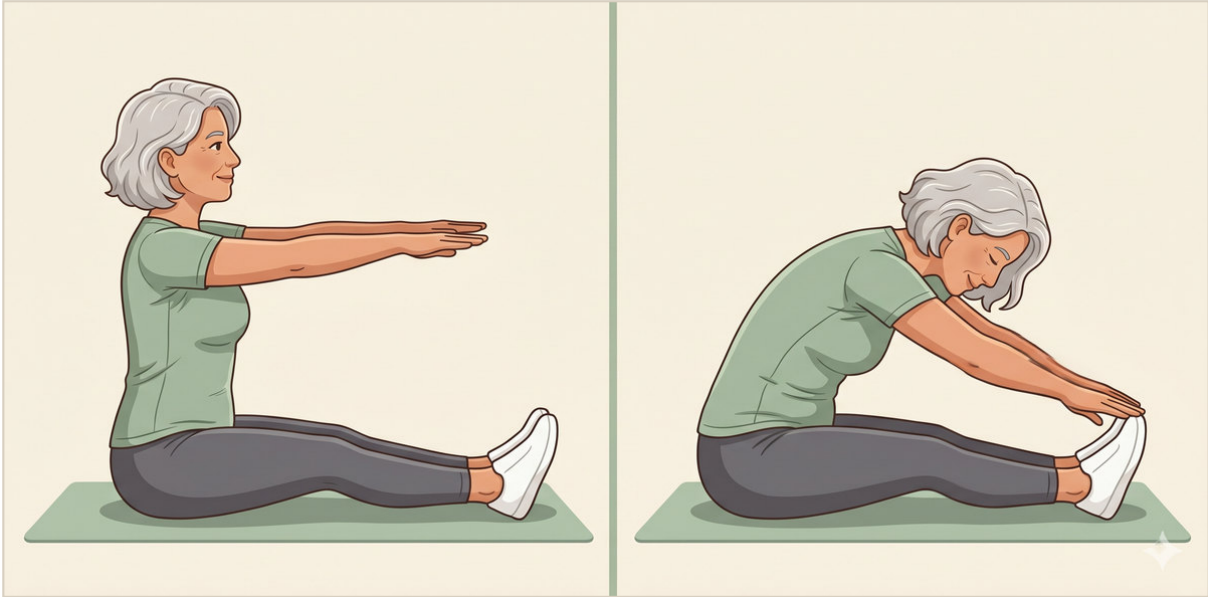
2. Single Leg Circle



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

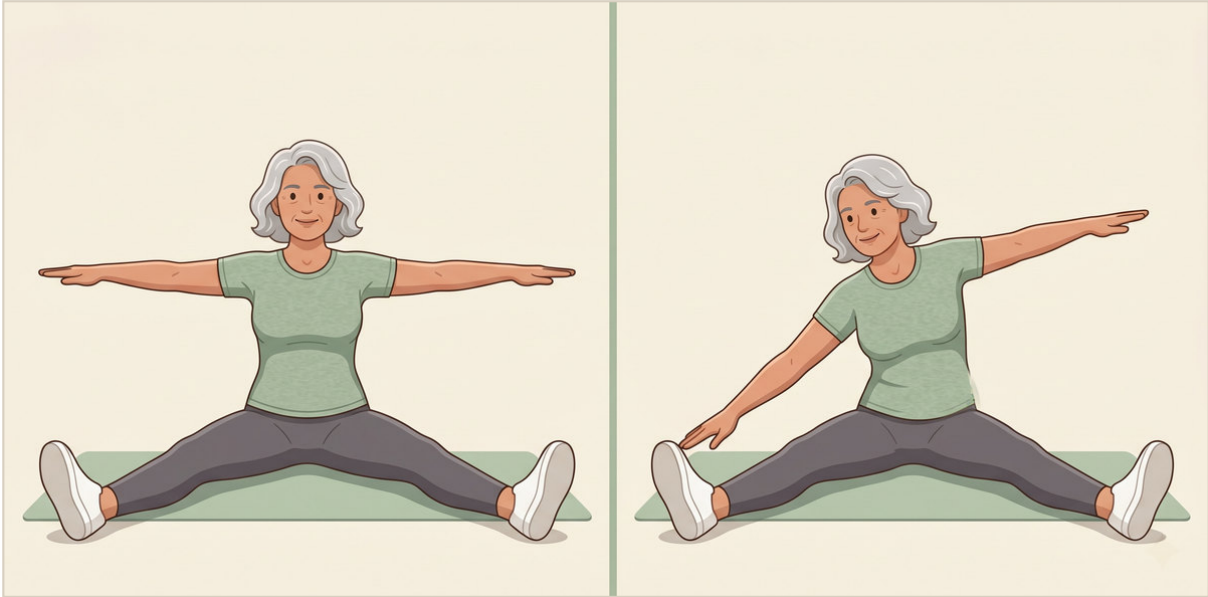
3. Seated Spine Stretch



1. Sit tall on the mat with both legs extended in front, feet flexed.
2. Breathe in, lengthen the spine; breathe out and reach forward along the legs.
3. Breathe in and roll back up to sitting tall.

Aim for: 6 reps • 1 set

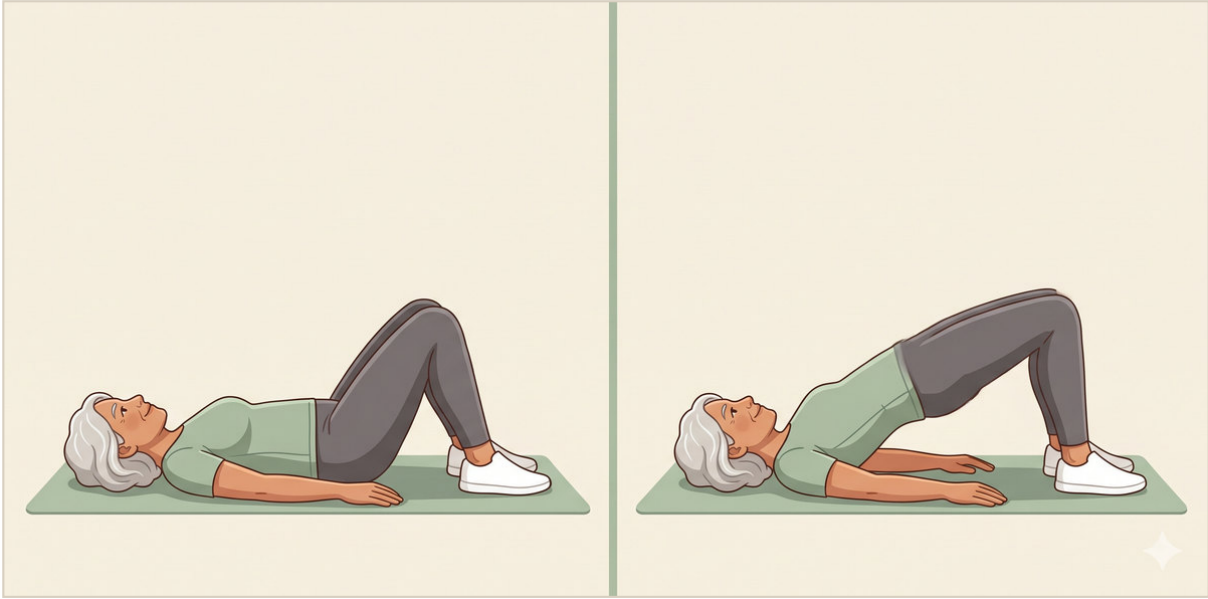
4. Seated Saw



1. Sit tall on the mat with legs extended wide apart, arms out to the sides.
2. Breathe out and twist to the right, reaching your left hand toward your right foot.
3. Breathe in and return to center, then repeat to the other side.

Aim for: 4 reps each side • 1 set

5. 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

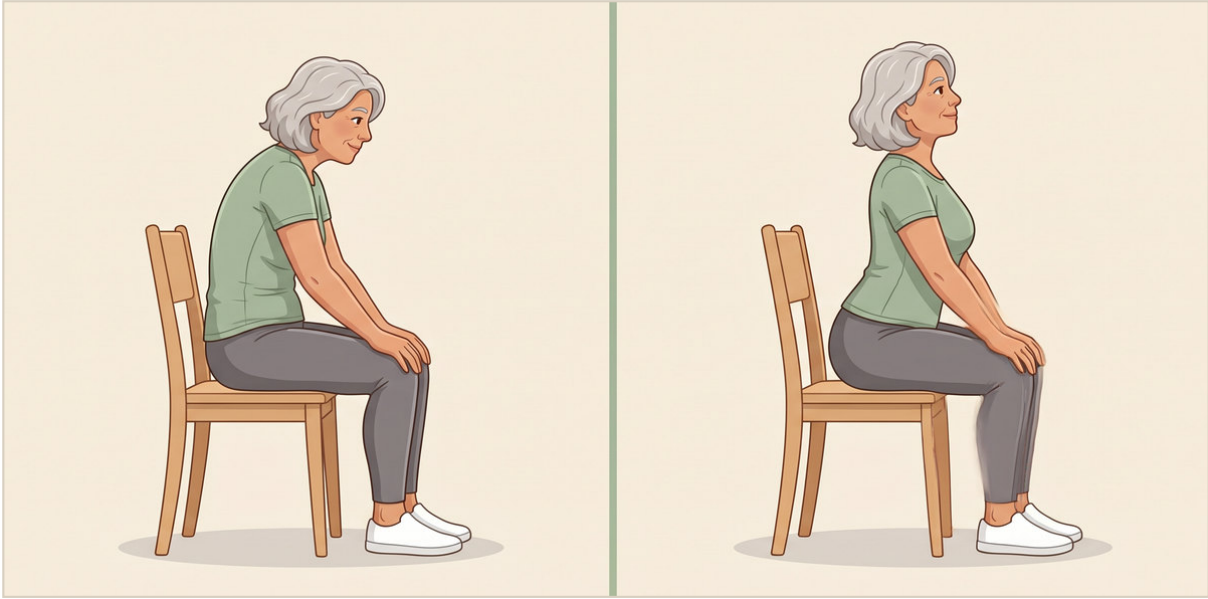
6. Seated Oblique Side Bend



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

7. Seated Cat-Cow



1. Sit tall with hands on your knees.
2. Breathe in and arch gently, lifting the chest (cow).
3. Breathe out and round the back, tucking the chin (cat).

Aim for: 6 slow rounds