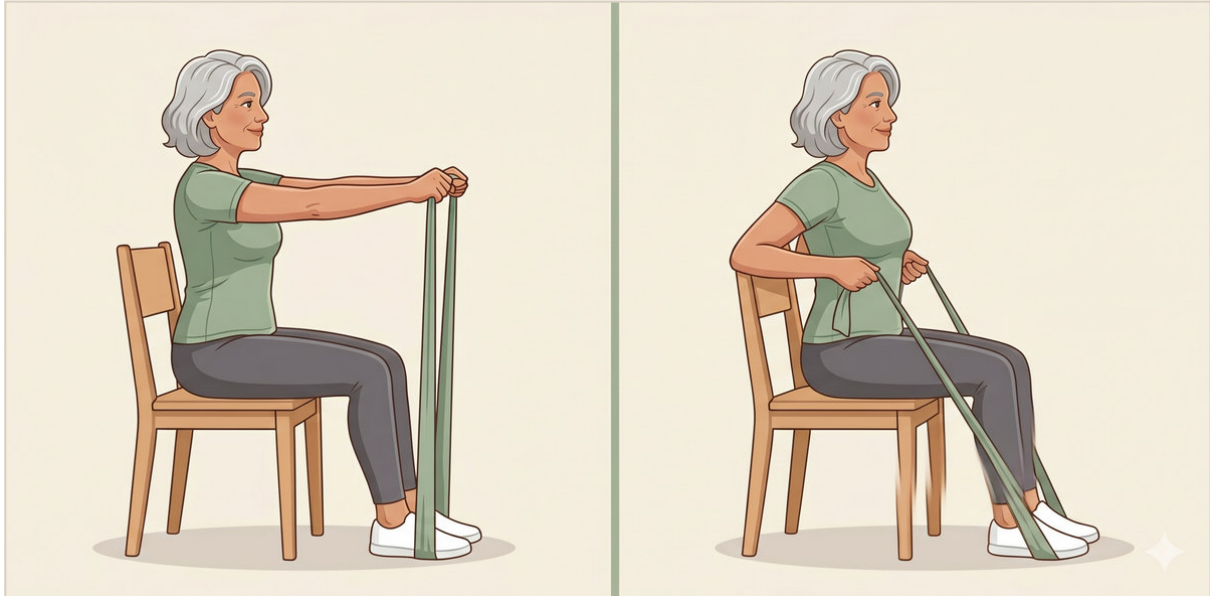


Resistance Band Exercises for Seniors (Free Printable Chart)

Seated and standing • A light resistance band and a sturdy chair

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

1. Seated Row



1. Sit tall with the band looped around both feet, holding an end in each hand.
2. Pull your elbows straight back, squeezing your shoulder blades together.
3. Return slowly, keeping tension on the band.

Aim for: 10–12 reps • 2 sets

2. Seated Chest Press



1. Sit tall with the band behind your back, an end in each hand at chest height.
2. Press both hands forward until your arms are straight.
3. Return slowly with control.

Aim for: 10–12 reps • 2 sets

3. Seated Leg Press



1. Sit tall and loop the band around one foot, holding both ends.
2. Push your foot forward until the leg is nearly straight.
3. Bend the knee back slowly against the band.

Aim for: 8-10 reps each leg • 2 sets

4. Bicep Curl



1. Stand or sit on the middle of the band, holding an end in each hand.
2. Curl both hands up toward your shoulders.
3. Lower slowly, keeping elbows at your sides.

Aim for: 10–12 reps • 2 sets

5. Banded Shoulder Raise



- 1. Stand or sit on the middle of the band, an end in each hand at your sides.**
- 2. Raise both arms out to the sides up to shoulder height.**
- 3. Lower them slowly with control.**

Aim for: 8-10 reps • 2 sets

6. Seated Leg Abduction



1. Sit tall with the band tied in a loop around both legs, above the knees.
2. Press both knees outward against the band.
3. Return slowly, keeping tension throughout.

Aim for: 10-12 reps • 2 sets