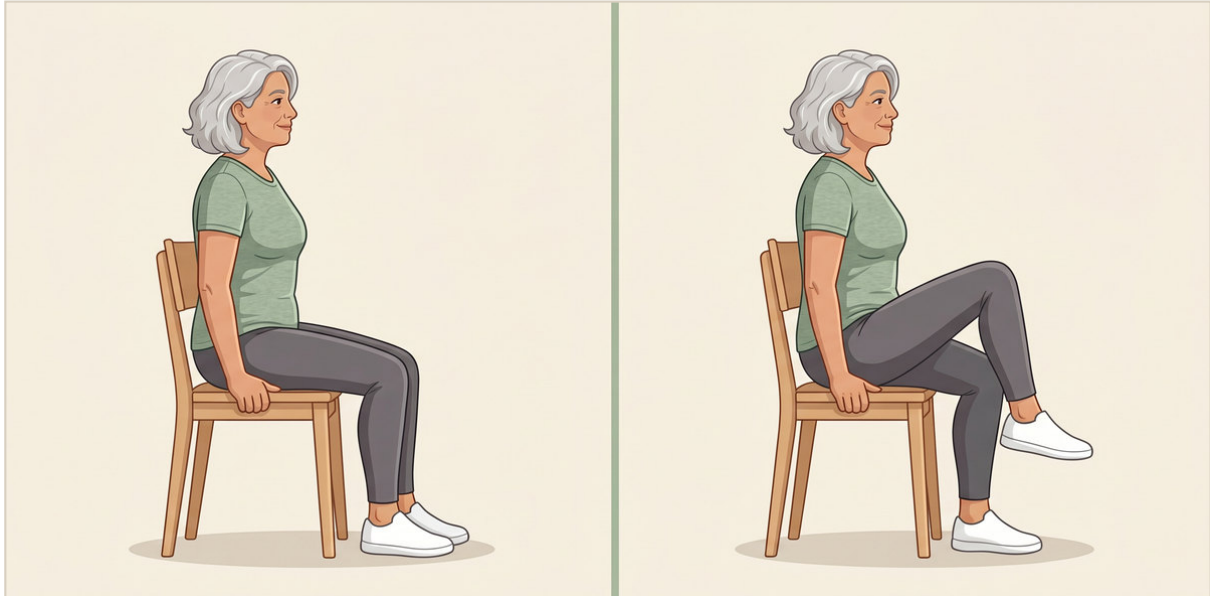


Seated Exercises for Seniors (Free Printable Chart)

Seated • A sturdy chair without wheels

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

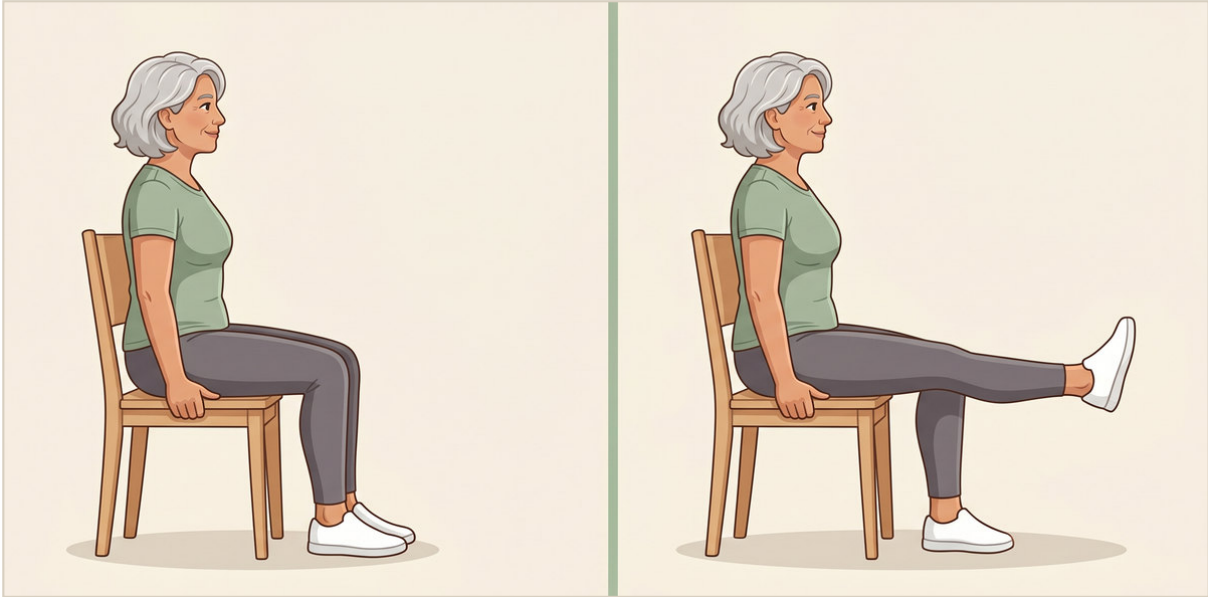
1. Seated Marching



1. Sit tall near the front of the chair, feet flat on the floor.
2. Lift one knee up as high as is comfortable, then lower it.
3. Lift the other knee. Keep a steady, walking rhythm.

Aim for: 20 marches total (10 each leg) • 2 sets

2. Seated Knee Extension



1. Sit tall with both feet flat on the floor.
2. Slowly straighten one leg out in front until it is level.
3. Hold for two seconds, then lower with control.

Aim for: 8-10 reps each leg • 2 sets

3. Seated Arm Raises



1. Sit tall, arms relaxed at your sides.
2. Raise both arms forward and up toward the ceiling.
3. Lower them slowly back to your sides.

Aim for: 10 reps • 2 sets

4. Seated Toe and Heel Raises



1. Sit tall with feet flat on the floor.
2. Lift your toes up, keeping heels down. Lower them.
3. Now lift your heels, keeping toes down. Lower them.

Aim for: 12 reps of each • 2 sets

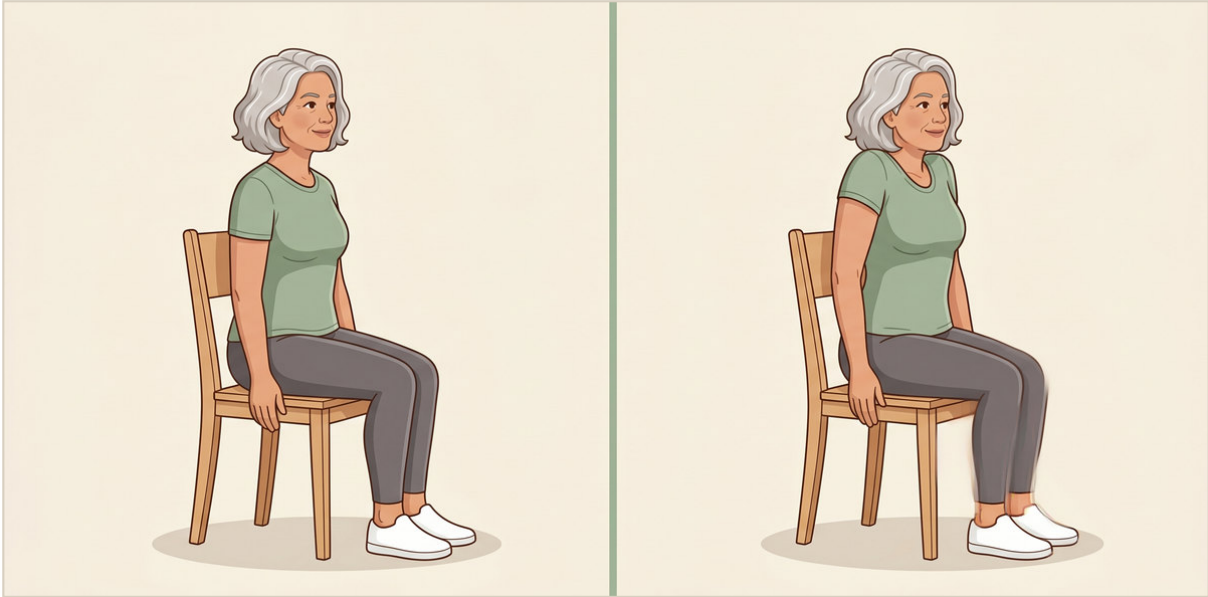
5. Seated Trunk Twist



1. Sit tall, arms crossed loosely over your chest.
2. Turn your upper body gently to the right and look over your shoulder.
3. Return to center, then turn gently to the left.

Aim for: 6–8 turns each side • 1 set

6. Seated Shoulder Rolls



1. Sit tall with arms relaxed.
2. Roll both shoulders slowly up, back, and down in a circle.
3. Do a set rolling backward, then a set rolling forward.

Aim for: 8 rolls each direction • 1 set

7. Seated Ankle Circles



1. Sit tall and lift one foot slightly off the floor.
2. Draw slow circles with your toes, one way then the other.
3. Lower the foot and repeat with the other.

Aim for: 8 circles each way, each foot • 1 set

8. Seated Neck Stretch



1. Sit or stand tall with shoulders relaxed.
2. Tilt your right ear gently toward your right shoulder.
3. Hold, then switch to the left side.

Aim for: Hold 15 seconds each side • 2 times