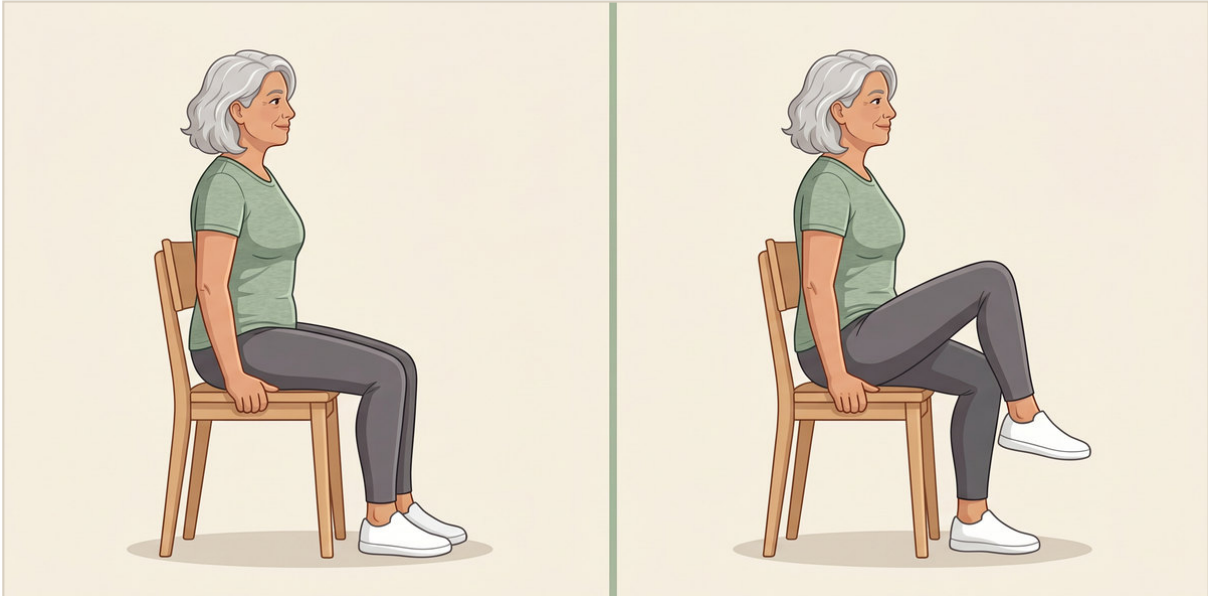


Warm-Up Exercise Chart for Seniors (Free Printable)

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 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

3. 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

4. Seated Neck Rotation



1. Sit tall with shoulders relaxed.
2. Turn your head slowly to look over one shoulder.
3. Return to center and turn to the other side.

Aim for: 8 turns each side • 1 set

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 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