

CORE EXERCISES GUIDE FOR SENIORS

Safe, Low Impact For Improved Balance, Stability, And Mobility



! Why Core Strength Matters? - Core muscles stabilize the spine for bending, reaching, and twisting. As you age, weaker cores cause poor posture, balance, and back pain. This guide helps strengthen them.

10 Minute Exercise Routine



BEST LOW IMPACT CORE EXERCISES

Core Balance Squats

Stand on one leg, raise and extend both hands, lean chest forward, and slightly bend your knee into a squat.

Seated Dead Bug

Sit upright, squeeze your core, and simultaneously raise your right hand and left leg. Repeat on the other side.

Palloe Press

Stand sideways to a door with a resistance band, hold the ends, and stretch your hands forward away from your belly.

Side Plank On Wall

Stand sideways to a wall, place your forearm at shoulder height, step away slightly to place weight on the arm, and squeeze core.

Leg Lifts

While seated or lying flat on your back, raise one leg upward while keeping your back straight.

Seated Side Bends

Sit with feet flat, place one hand behind your head, and slowly bend to the side while exhaling.

Warm-Up (1 min)

Arm and leg stretches, hip twists and turns.

Seated Exercises (3 min)

60 seconds per exercise.

Standing Exercises (3 min)

Wall planks and side bends while upright.

Floor Exercises (2 min)

Dead bug and leg lifts on a soft yoga mat.

Rest (1 min)

Sit still and take normal breaths.

