

Chair Exercises For Seniors

Warm Up, Routine, And Safe Execution.



! **Chair exercises for seniors** are considered a great form of physical activity that helps them to move freely without escalating the risk of injuries due to accidental falls.

Exercise Routine



Chair Exercise Progression For Seniors

Beginner

10 minutes beginner level workouts are a great way to start.

Intermediate

Extend the exercises to 20 minutes if your body allows.

Advanced

Split 30 minutes into 10 minute sessions with 5 minute breaks.



1) Warm Up

2 minute warm up with light stretching and easy movements helps your body get ready.

2) Upper Body Exercises

Practice sit to stand, head turn, shoulder rolls, and Y-T-As consistently.

3) Lower Body Exercises

Practice hip circles, extended leg raises, seated calf raises, and seated hip stretch.

4) Core Exercises

You can gain better mobility stress with chair assisted reverse lunges and bodyweight chair assisted hip abduction.

5) Rest

Do not get up from the chair immediately after you finish your workout session. Sit on the chair normally and relax for a couple of minutes.

