

10 Minute Gentle Chair Exercises Program For Older Adults

1. Seated Marches



1. Sit up straight with your shoulders back.
2. Put your hands on your hips.
3. Engage your core.
4. Lift your leg up straight up off the ground.
5. Return your leg to the starting position.
6. Repeat with the other leg.
7. Alternate between legs for 8 lifts (4 per leg).
8. Pause then do 1 more set.

2. Leg Extensions



1. Sit up nice & tall with shoulders back.
2. Flex your foot & extend it straight out in front of you.
3. Hold for a second at the top, toes pointing straight up.
4. Return to starting position.
5. Repeat 8 times with your right leg.
6. Then repeat 8 times with your left leg.
7. Pause for a few seconds then do 1 more set.

3. Seated Butterfly



1. Sit up straight & bring your arms straight out in front of you.
2. Lift up one heel from the ground while planting the toe firmly into the ground.
3. Open that knee out to the side, keeping your hips pointing straight.
4. As you open your knee out, bring your arms straight up over your head.
5. Bring your knee back in while lowering your arms until they are straight out.
6. Repeat 8 times then switch sides and repeat with your other leg 8 times.

4. Seated Bicycle



1. Interlace your fingers in your hands then put them behind your neck.
2. Sitting up nice and tall, start twisting to the side.
3. Drive your knee up as you twist to the side.
4. Bring your knee back down and return to the starting position.
5. Repeat for 30 seconds on each side.

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5. Arm Pumps



1. Plant your feet firmly on the ground.
2. Bring your arms straight out to the side.
3. Engage your shoulder muscles to lift both arms up about 10 cm.
4. Return back to the starting position.
5. Repeat this motion as quickly as you can, pumping your arms up & down for 30 seconds. (It should almost look and feel like you are flapping your arms like a bird.)

6. Seated Row



1. Put one foot straight out in front of you.
2. Loop your resistance band underneath the arch of your foot and hold onto the ends.
3. Start with your thumbs on each hand facing each other.
4. As you pull your shoulder blades & elbows backwards, rotate your hands so your thumbs are pointing upwards towards your armpit.
5. Return to starting position.
6. Repeat 10 times.

7. Bicep Curl



1. Plant feet hip distance apart.
2. Place the resistance band under your feet, making sure the length is the same on both sides.
3. Face your palms towards the ceiling and bring them to your shoulders, bending at the elbow.
4. Return to starting position.
5. Repeat 10 times.