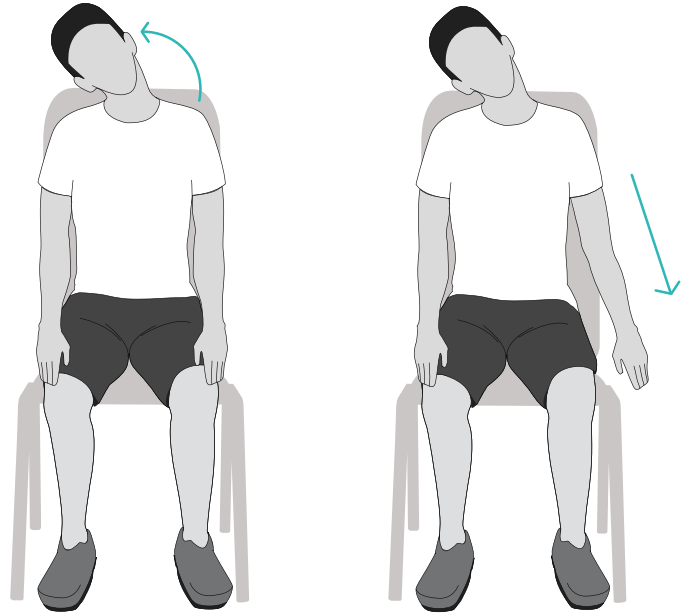


Chair Exercises for Seniors & How to Get Started

1. Neck Stretch

How to Perform

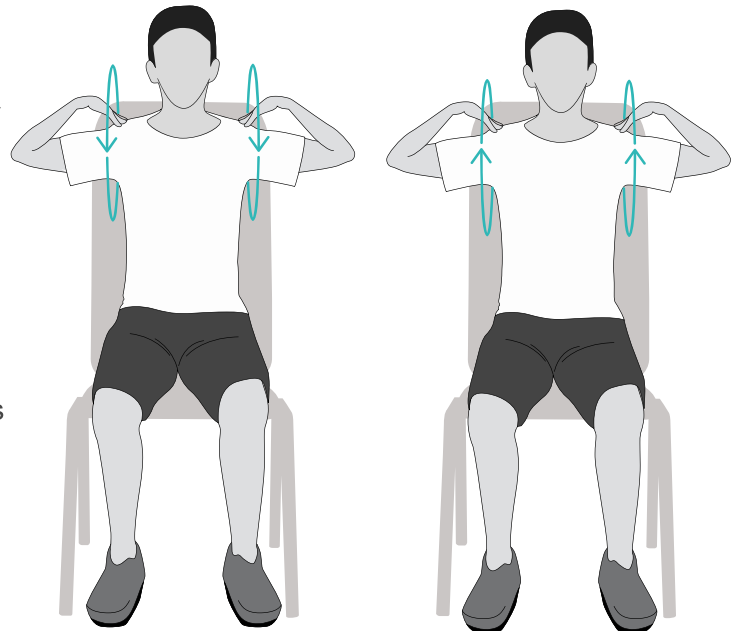
- Sit up straight, and slowly tilt your head toward your right shoulder until you feel a stretch.
- Hold this position while gradually extending your left arm down and to the side.
- You should feel a stretch on the left side of your neck.
- Release, and repeat on the other side.
- Perform two to five repetitions per side. This stretch will warm up your neck and the group of muscles at the top of your back, and get you ready for arm exercises.



2. Shoulder Circles

How to Perform

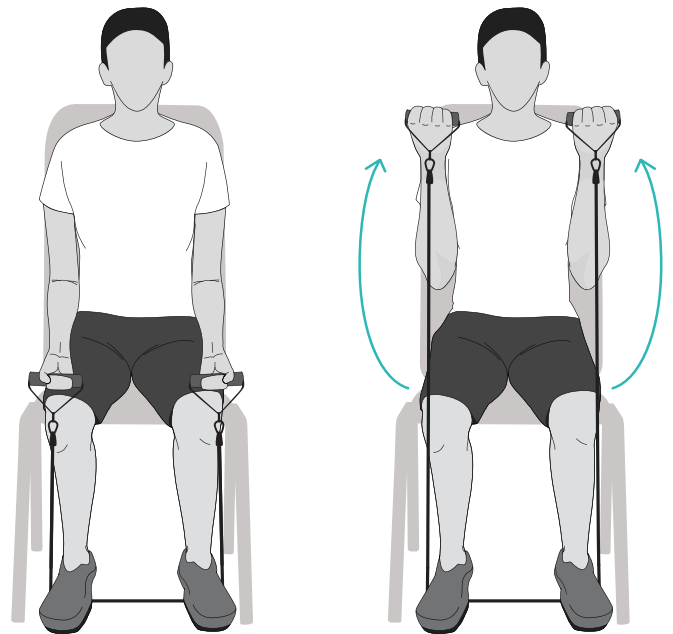
- In a seated position, place your fingertips on your shoulders.
- Circle your shoulders forward for fifteen repetitions.
- Reverse the movement, and circle backward for fifteen repetitions.
- This exercise will warm up your shoulder muscles and reduce the risk of strain.



3. Bicep Curls

How to Perform

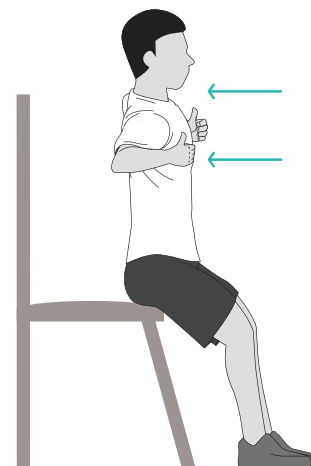
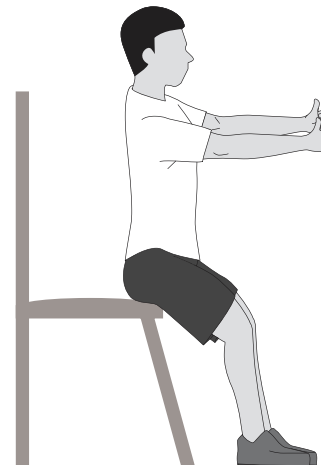
- For a simple bicep curl you can take anywhere, all you need is a set of resistance bands.
- Start by choosing your resistance level, from X-light to X-heavy, and then place your feet on the resistance band, shoulder width apart.
- Grab the handles of your bands, palm upward, and curl your hands up to your shoulders.
- Remember to keep your elbows at your sides, and then slowly lower the bands.
- Repeat for 3 sets of 10. Small, lightweight, dumbbells will also work great.



4. Seated Row

How to Perform

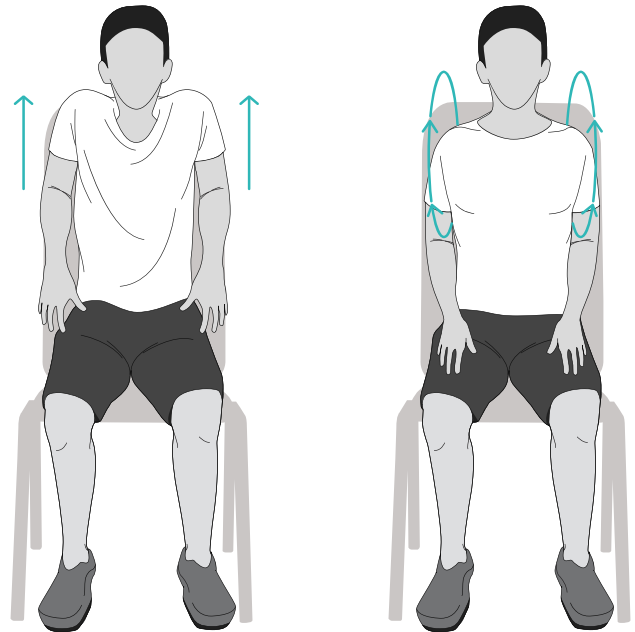
- Sit on the edge of your seat with your feet flat on the floor.
- Hold your arms in front of you, with your thumbs pointed toward the ceiling and your elbows slightly bent.
- Draw your elbows back, squeezing your shoulder blades together, until your upper arms are in line with your body.
- Extend your arms again, and repeat eight to ten times.
- Once you build up more strength, try wearing wrist weights to make it more challenging. This exercise strengthens your shoulders, chest, and upper back while placing little stress on your joints.



5. Shoulder Rolls

How to Perform

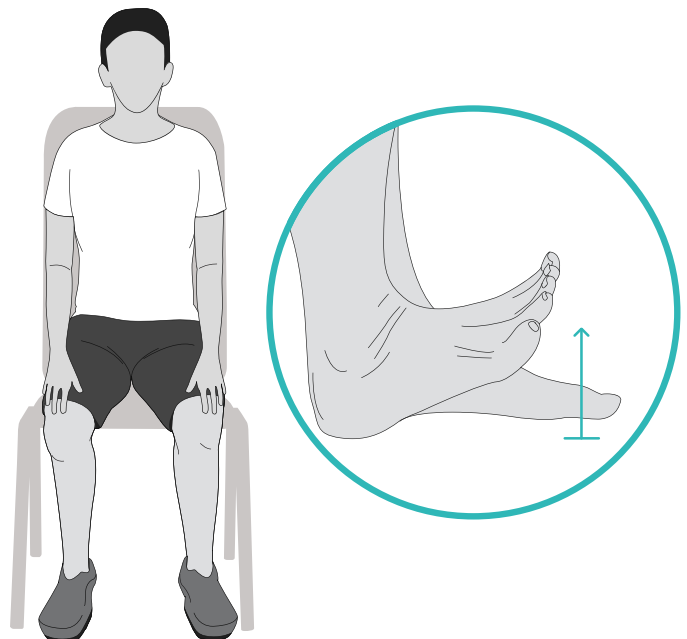
- Sit tall with your feet flat on the ground.
- Shrug your shoulders up toward your ears, and slowly rotate your shoulders in a circle—back, down, forward, and back to the top.
- When you reach the top, reverse the movement.
- Roll your shoulders forward, down, back, and to the top again.
- Perform ten repetitions in each direction, for a total of twenty reps. This movement engages your shoulders and trapezius muscles, which are essential for lifting and carrying objects.



6. Toe Taps

How to Perform

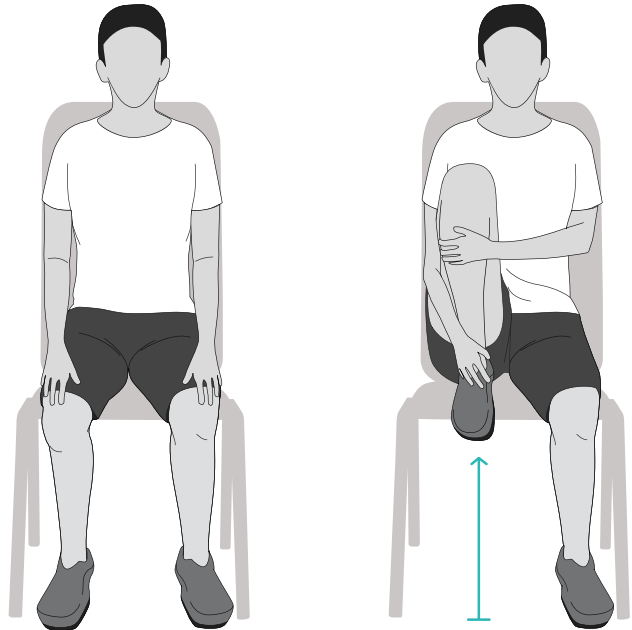
- Sit up straight with your feet flat on the ground.
- Bend your toes toward the ceiling and back to the floor.
- To increase the difficulty of this exercise, sit on the edge of your seat with your legs straight.
- Keep your heels on the ground as you bend your toes upward and then back down.
- This variation increases the range of motion. Perform eight to ten repetitions to strengthen your calves and the muscles running alongside your shins. You use these muscles to climb stairs and perform daily activities.



7. Knee Lifts

How to Perform

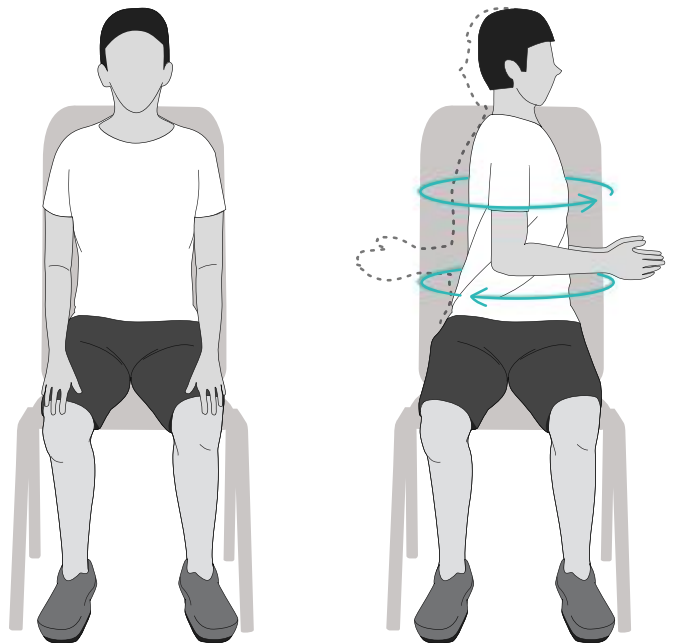
- Sit up straight with your feet flat.
- Slowly lift your right knee toward your chest, and then lower your foot back to the floor.
- Repeat with your left leg.
- Perform ten repetitions per leg, for a total of twenty reps.
- For an added challenge, pause for a five-count at the top of the movement. This exercise strengthens your quads, which is the largest muscle group in your body. You use your quads in nearly everything you do, and strengthening them will make you feel stronger overall. As you build strength, consider enhancing your workout by using ankle weights for added resistance.



8. Tummy Twists for Abs

How to Perform

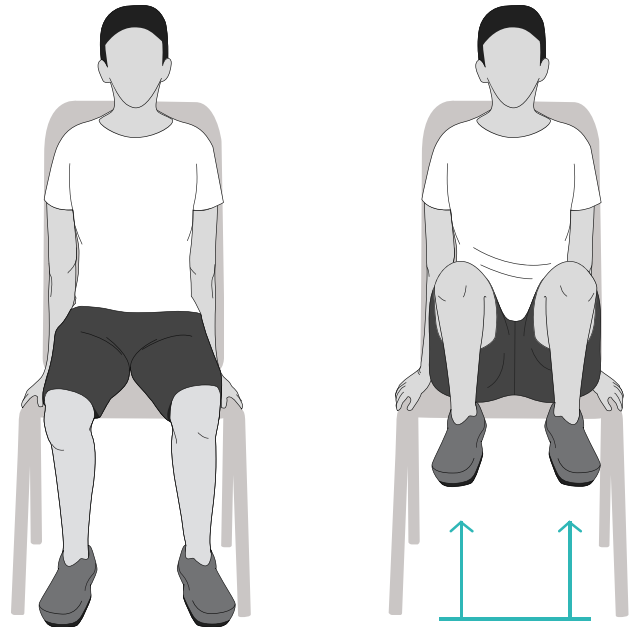
- Sit up straight with your feet flat on the ground.
- Hold your arms at a ninety-degree angle with your elbows at your sides and your forearms extended in front of you.
- Rotate your upper torso to the left through a full range of motion.
- Keep your lower body still, and brace your core by imagining you're sucking your belly button toward your spine.
- Return to the middle and twist to the right. Perform ten repetitions on each side, for a total of twenty. This exercise strengthens your obliques, abdominal muscles used for trunk rotation, and will help you maintain good posture. Also, check out the best back braces to improve poor posture.



9. Captain's Chair

How to Perform

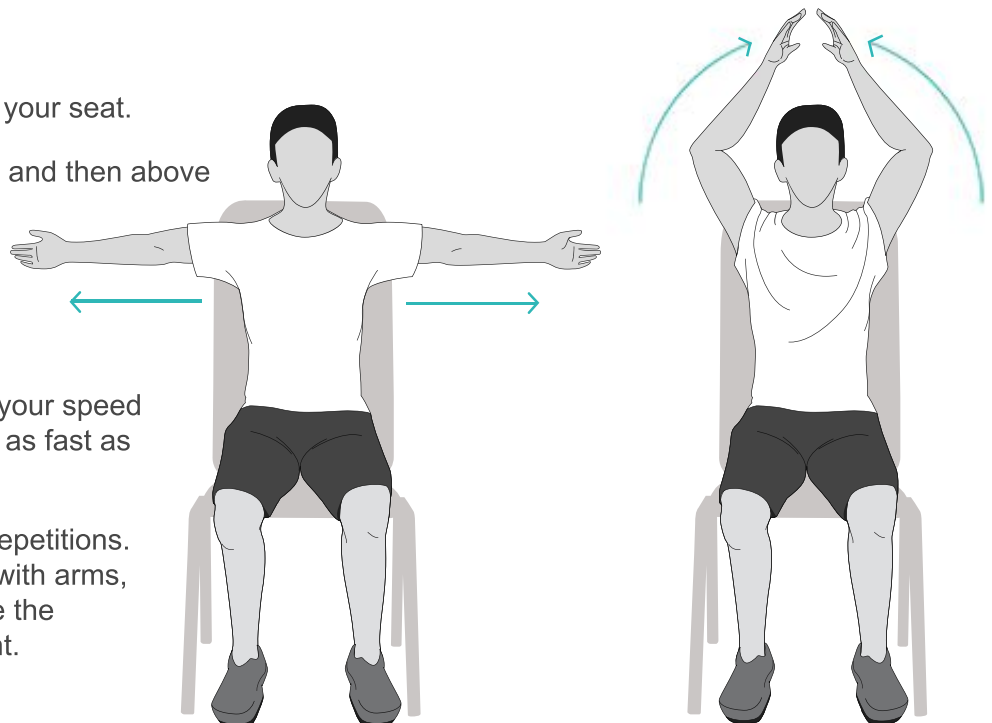
- Be sure your chair is sturdy.
- Sit up straight and grasp the edges of your seat.
- Slowly lift your feet off the floor.
- Move your knees toward your chest.
- Squeeze your abs at the top, and slowly lower your feet back to the floor.
- Don't try to move past a comfortable position. If you can only raise your feet a few inches off the floor, that's fine. This exercise will strengthen your abs and other core muscles, such as your glutes.



10. Seated Jumping Jacks

How to Perform

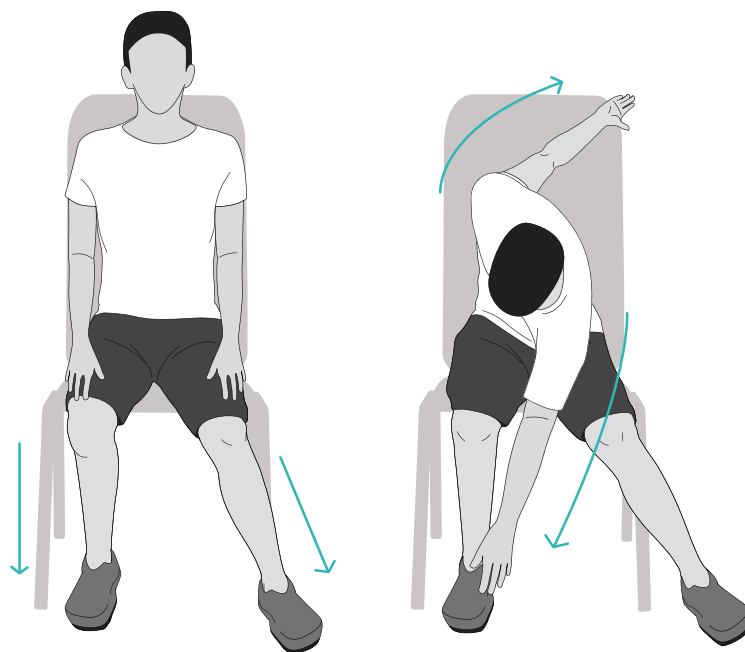
- Sit up straight, on the edge of your seat.
- Extend your arms to the sides and then above your head, as you would with a normal jumping jack.
- Return them to your sides before raising them again.
- Start slow, and then increase your speed until you're moving your arms as fast as you can.
- Perform three sets of twenty repetitions. If you're exercising in a chair with arms, be careful that you don't strike the armrests during the movement.



11. Skater Switch

How to Perform

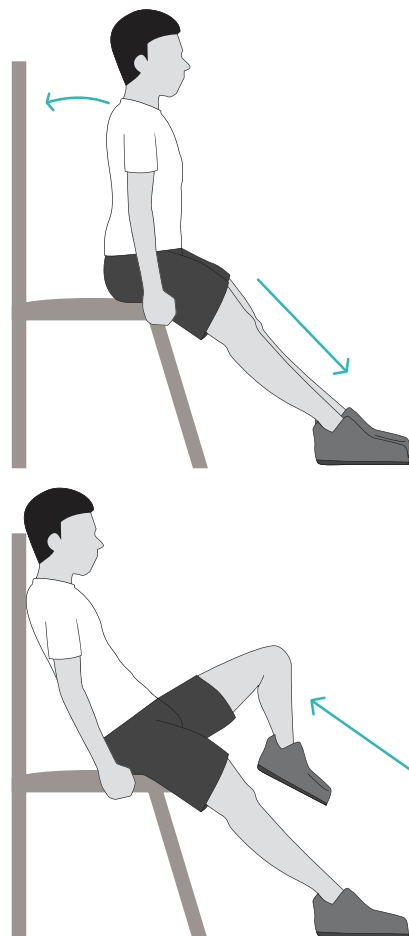
- Sitting on the edge of your chair, bend your right knee and place your toe on the floor.
- Extend your left leg straight out to the side with your toes pointed.
- Extend your arms straight in front of you, and bend forward.
- Reach your left arm to the insole of your right foot, raising your right arm behind your body and twisting at your waist.
- Return your arms in front of you, and straighten your back.
- Repeat this action ten times, and then switch your legs and reverse the movement for another ten reps. For added difficulty, alternate left and right, quickly changing your leg position between reps.



12. Chair Running

How to Perform

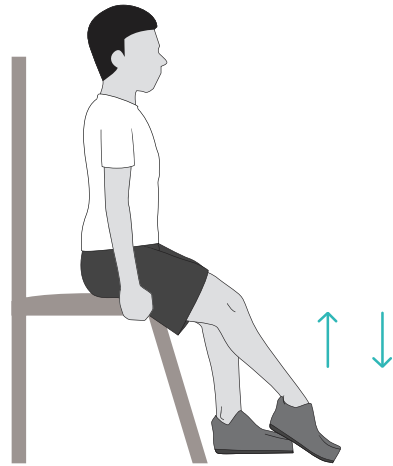
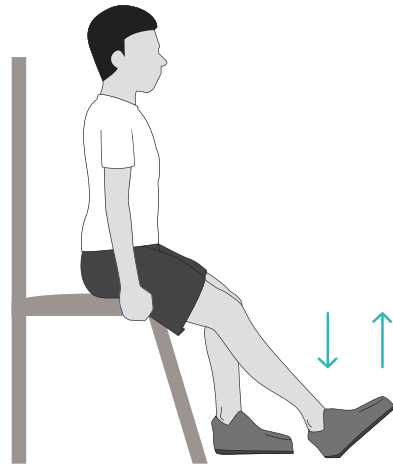
- Sit with your legs extended, toes pointed, and arms bent by your sides.
- Lean back slightly so that your shoulder blades barely touch the back of your chair.
- Gently lift your feet from the floor.
- Pull one knee toward you while the other is extended, and then switch, mimicking a running motion. If necessary, grip the armrests or sides of your seat for balance.



13. Seated Tap Dance

How to Perform

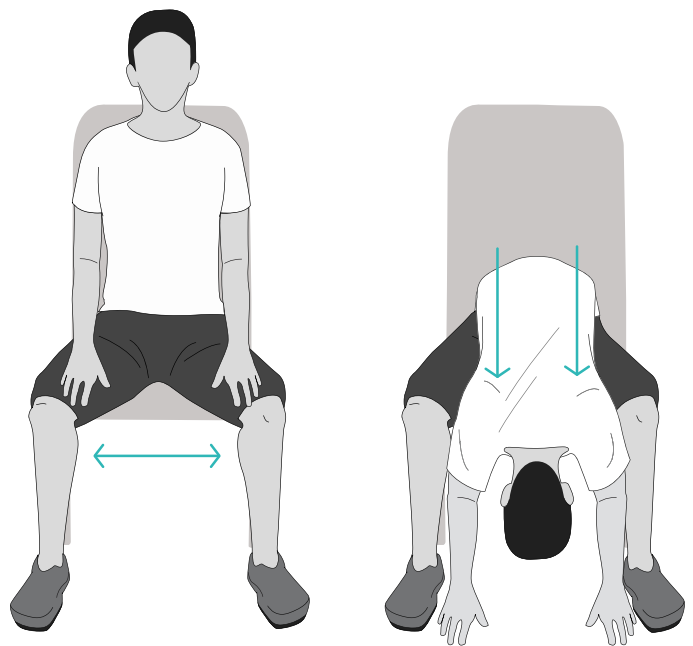
- Sit with your knees bent and your toes resting lightly on the floor.
- Extend one leg, and gently tap your heel on the ground.
- With your leg still extended, point your toes and tap them to the floor.
- Flex your foot, and tap your heel again.
- Return to the starting position, and repeat with the opposite leg. Perform the “tap dancing” for three to five minutes. Set a timer, and try to go a little longer each time you exercise.



14. Seated Forward Bend

How to Perform

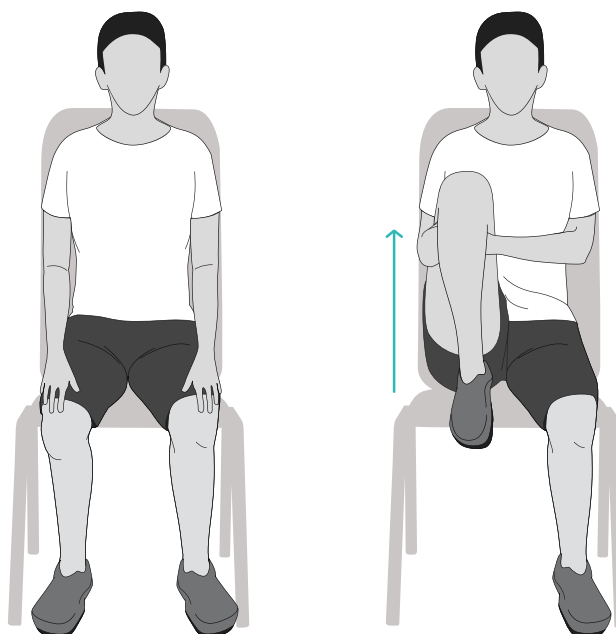
- This movement stretches your lower and upper back.
- Widen your legs, and place your feet flat on the floor.
- Slowly lean forward, dropping your torso toward your thighs.
- Relax your neck, and lower your hands toward your feet. When you feel a stretch, hold the position for thirty seconds, and then slowly return to the starting position. Repeat three times.



15. Knee to Chest

How to Perform

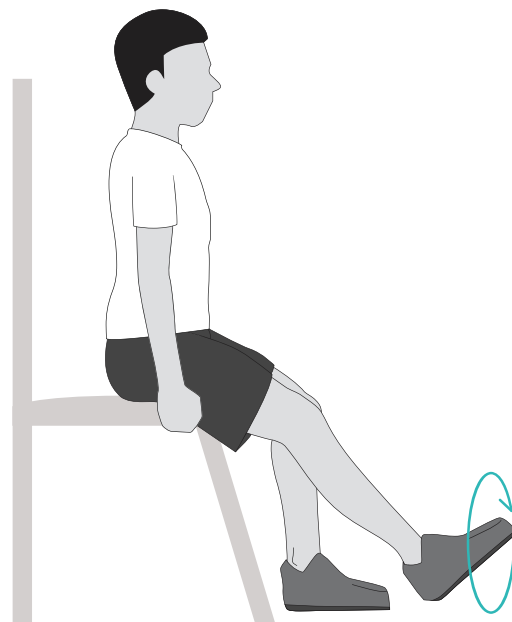
- Sit up straight with your left foot firmly on the ground.
- Grasp the back of your right knee, and slowly pull it toward your chest until you feel a stretch.
- Hold the position for thirty seconds, and then repeat with your left leg.
- Perform three reps per side. This exercise stretches your hamstrings and glutes—big muscles that need to be flexible to prevent injury.



16. Ankle Rotations

How to Perform

- Sit up straight, and rest your ankle on the opposite knee.
- Rotate your ankle in circles.
- Perform ten rotations clockwise and ten rotations counterclockwise.
- Point your toes for an additional stretch.



17. Sit and Reach

How to Perform

- Sit with your knees together and your back straight.
- Extend one arm straight toward the ceiling.
- Stretch your body upward, feeling the stretch along your torso.
- Look toward your hand to get a stretch in your neck and shoulders.
- Hold the position for five to ten seconds, and then switch to the other side.
- Repeat three times per side.

