Going Strong DAILY

FREE PRINTABLE · ABOUT 10 MINUTES

Chair Exercises for Seniors: 10-Minute Seated Workout

Ten seated exercises for your legs, arms, back and posture. Work down the page at a comfortable pace.

Scan for the follow-along timer

Set up your chair

- Sturdy, four legs, no wheels
- Push it against a wall so it can't slide
- Feet flat, sit toward the front
- Loose clothes, non-slip shoes or socks

Stay safe

- Move slowly and keep breathing
- A gentle stretch is fine. Pain is not
- Stop if you feel dizzy or short of breath
- Check with your doctor before you start

1 Seated March

Chair exercise · Seated · Legs and circulation · about 60 sec

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1. Sit tall and hold the sides of the seat lightly.
2. Lift your right knee a few inches, lower it, then lift your left knee.
3. Keep a steady, comfortable rhythm. Swing your arms too if you like.

Make it easier: Lift just the heels instead of the whole foot.

Not medical advice. Check with your doctor before starting a new exercise program. Stop if you feel pain, dizziness or shortness of breath.

2 Shoulder Rolls

Chair yoga · Seated · Shoulders · about 45 sec

1. Let your arms hang loosely by your sides.
2. Lift both shoulders toward your ears, roll them back, then let them drop down.
3. Do 6 slow circles backward, then 6 forward.

Make it easier: Roll one shoulder at a time.

3 Seated Leg Extension

Chair exercise · Seated · Front of the thighs · about 90 sec

1. Sit tall and hold the sides of the seat.
2. Slowly straighten your right leg until it is level with the seat, toes pointing up.
3. Hold for two seconds, lower slowly, then switch legs. Do 8 to 10 each side.

Make it easier: Straighten the leg only halfway.

4 Heel and Toe Raises

Chair exercise · Seated · Calves and shins · about 60 sec

1. Sit with feet flat on the floor.
2. Lift both heels as high as you can, keeping your toes down, then lower.
3. Lift your toes, keeping your heels down, then lower. Repeat 10 times.

Make it easier: Do one foot at a time.

5 Seated Forward Punches

Chair exercise · Seated · Arms and shoulders · about 60 sec

1. Make soft fists and hold them at chest height.
2. Punch one arm slowly forward, then draw it back as the other arm punches.
3. Keep your back tall and breathe steadily. Continue for 30 to 45 seconds.

Make it easier: Push forward with open hands, more slowly.

6 Seated Row

Chair exercise · Seated · Upper back and posture · about 60 sec

1. Stretch both arms forward at chest height, thumbs up.
2. Pull your elbows back past your sides and squeeze your shoulder blades together.
3. Hold for a second, then reach forward again. Repeat 10 times.

Make it easier: Do it with your arms lower, at belly height.

7 Sit to Stand

Chair exercise · Seated · Legs and getting up from a chair · about 75 sec

1. Sit near the front of a sturdy chair placed against a wall, feet flat and slightly behind your knees.
2. Lean forward a little and stand up, using your hands on the chair or your thighs if needed.
3. Sit back down slowly and with control. Repeat 5 to 8 times.

Make it easier: Use your hands to push up, or add a firm cushion to the seat.

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8 Ankle and Wrist Circles

Chair yoga · Seated · Ankles and wrists · about 60 sec

1. Lift one foot slightly off the floor.
2. Draw 6 slow circles with your toes in each direction while circling both wrists at the same time.
3. Lower the foot and repeat with the other foot.

Make it easier: Keep the heel on the floor and just move the toes.

9 Seated Twist

Chair yoga · Seated · Back and waist · about 45 sec

1. Sit tall and place your right hand on your left knee.
2. Breathe in to sit taller, then breathe out and turn your chest gently to the left.
3. Hold for three breaths, return to center, and repeat to the right. Turn only as far as is comfortable.

Make it easier: Keep both hands on your thighs and turn only the shoulders.

10 Belly Breathing

Tai chi · Seated · Calm and breath control · about 45 sec

1. Place one hand on your belly and one on your chest.
2. Breathe in through your nose for a slow count of four and feel your belly rise under your hand.
3. Breathe out through your mouth for a count of six. Your chest stays mostly still.

Make it easier: Use a count of three in and four out.

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My 4-week tracker: tick each day you finish

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							



WANT THE COMPLETE PROGRAM?

Tai Chi & Chair Yoga for Seniors Over 60

A large print, 28-day plan that starts fully seated and builds to chair-supported standing moves, ten minutes a day.

- 45 tai chi and chair yoga moves
- Daily routine chart and progress tracker each week
- Large print, 8.5 x 11 inch pages

Find it on Amazon: search "Tai Chi and Chair Yoga for Seniors Over 60"

Follow along with a timer

Scan the code to open this routine on goingstrongdaily.com with a big countdown timer and spoken cues.

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