

# Chair Exercises for Seniors

Free Printable 10-Minute Seated Routine

A gentle set of seated chair exercises for older adults — for strength, circulation, and mobility, all without standing. No equipment beyond a sturdy chair. Sit tall, move slowly, and breathe with each movement.

## The 10-Minute Seated Routine

<b>1. Centering Breath</b>	Sit tall, both feet flat, hands on thighs. Breathe slowly into the belly. — 5 breaths
<b>2. Seated Marching</b>	Lift one knee, then the other, like a slow march while seated. — 10 each leg
<b>3. Ankle Circles</b>	Lift one foot slightly and circle the ankle slowly, both directions. — 8 each way
<b>4. Knee Extensions</b>	Straighten one leg out in front, hold a moment, lower with control. — 8 each leg
<b>5. Arm Raises</b>	Raise both arms forward and up to shoulder height, then lower slowly. — 8 reps
<b>6. Shoulder Rolls</b>	Roll the shoulders backward in slow circles to release tension. — 8 reps
<b>7. Seated Twist</b>	Hand on the opposite knee, gently turn the torso to each side. — 5 each side
<b>8. Heel &amp; Toe Raises</b>	Lift the heels, then the toes, to wake up the lower legs. — 12 reps
<b>9. Seated Cat-Cow</b>	Round and arch the back gently with the breath. — 6 reps
<b>10. Closing Breath</b>	Rest hands on the belly, breathe slowly, and relax. — 5 breaths

## 7-Day Tracker

Day <b>1</b> <input type="checkbox"/>	Day <b>2</b> <input type="checkbox"/>	Day <b>3</b> <input type="checkbox"/>	Day <b>4</b> <input type="checkbox"/>	Day <b>5</b> <input type="checkbox"/>	Day <b>6</b> <input type="checkbox"/>	Day <b>7</b> <input type="checkbox"/>
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Safety: Move within a pain-free range and keep your breathing natural. Use a sturdy, stable chair without wheels. Stop if you feel dizzy or short of breath. If you have a health condition, ask your doctor before starting.

Want guided audio and video for every move? Get the free Tai Chi Coach app: <https://taichi.help>

Based on general low-impact exercise and Tai Chi practice and public guidance from the US National Center for Complementary and Integrative Health (NCCIH).