

# Senior Chair Exercises Chart

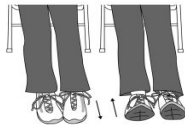
Tummy Twists



Hand Squeeze



Seated Shin Strengthener



Back Massage



Neck Stretch



Ball Chest Press



Front Arm Raises



Front Arm Raises



Duck Wing Squeeze



Knee Extensions



Chest and Upper Back Stretch



Chair Stands



Overhead Arm Extensions



Elbow to Knee



Balancing Toe Taps



Heel Raises



Overhead Reach with Side Bends



Plié



Holding the back of a chair, stand with feet a little wider than shoulder width apart, and hip distance outward slightly over the corners of the chair. Bend your knees.

Rear Leg Extensions



Side Leg Lifts



Inner Thigh Stretch



Sit and Reach



Around the Big Wide World

