



SENIORS MOBILITY

SeniorsMobility.Org

BEST MOBILITY EXERCISES FOR SENIORS



Overhead Side Stretch

1. Stand straight with your feet hip width apart
2. Raise your hands over your head. For more stretch, interlace your fingers.
3. Keep your torso long and gently lean left.
4. Hold for 15-30 seconds.
5. Repeat up to 3 times on each side.



Stair Climbing

1. After you walk upstairs, turn around, go back down and walk up again.
2. Do repeated “ups and downs” on the bottom step. For example, step up left foot, step up right, step down left, then step down right.
3. Bring your knees high each time you take a step.



Foot Taps

1. Stand with your feet hip width apart at the bottom of a staircase or in front of something to step on.
2. Optionally, put your palm on the wall or hold a chairback for balance.
3. Use your hand for balance only, not to assist the movement.
4. Slowly lift your foot, tap the stair with your toe and put your foot back down.
5. The slower the motion the more your balance is challenged.
6. Do 15-20 taps with each foot.



Knee Push-ups

1. Lie on your stomach with your palms up the floor under your shoulders.
2. Optionally, raise your lower legs and cross your ankles.
3. Leaving your knees on the floor, straighten the elbows and push yourself up.
4. Keep your back straight. Don't let yourself hunch.
5. Come back down until your chest touches the floor, but don't let it rest on the floor.
6. Do 2-3 sets of 10-15 push-ups.

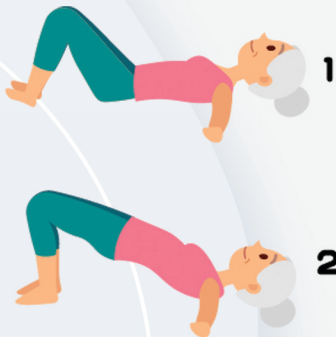


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Bicep Curl

1. Stand up straight with arm lowered and a dumbbell in each hand. Your wrists point forward.
2. Bend your elbows and bring the weights to your shoulders.
3. Hold for a second then reverse.
4. To maximize the muscle work, do the return trip slowly.
5. Do 1-2 sets of 10-20 reps.



Bridges

1. Lie on your back with your knees bent and your feet flat on the floor. This can also be done in a bed.
2. Raise your hips as high as you comfortably can.
3. Hold them there for a few seconds.
4. Lower your hips. Keep your abs tight so you come straight up and down without swaying left and right.
5. Do 1-2 sets of 10-20 reps.



Standing Mountain Climber

1. Stand straight up with your right arm extended straight over your head.
2. Raise your left knee.
3. Now lower your left leg and raise your right knee while raising your left arm overhead. The higher the knee, the more challenging the workout.
4. Continue raising one arm and the opposite knee. It feels like you're climbing a mountain or wall.
5. Speed is up to you. You can continue at a walking pace or pick it up to a jog.
6. Continue for about a minute.



The Superman

1. Lie prone on the floor with arms straight out in front of you.
2. At the same time, raise your head, your right arm and your left leg. Just a couple inches off the floor is plenty.
3. Hold them for a few seconds.
4. Repeat on the opposite side.
5. Do 1-2 sets of 10-20 reps on each side.

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Side Hip Raises

1. Stand behind a chair and grasp the back with both hands for balance.
2. Lift your right hip as high to the side as you comfortably can. Keep your upper back straight. Keep your toes pointed straight ahead.
3. Do about 10 lifts on each side.



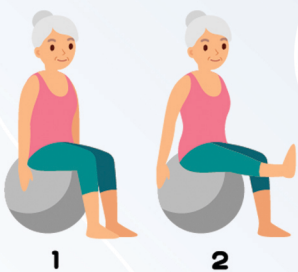
Seated Leg Lifts

1. Sit in a chair with both feet flat on the floor.
2. Slowly straighten your left leg.
3. Hold it extended for 5 seconds.
4. Slowly lower it to the starting position.



Bent Arm Plank

1. Lie prone with your elbows underneath your shoulder and your forearms and palms flat on the floor.
2. Keep your legs hip width apart or a little wider. The closer together they are, the more work you'll need for good form and balance.
3. Lift your hips toward the ceiling. Keep your back straight so that there's a straight line from your head to your ankles.
4. Engage your upper back, abdominal muscles and gluteals and hold the plank position for a minute.



1

2



3

Stability Ball Leg Lift

1. Sit on a stability ball with your legs hip width or wider and your feet flat on the floor. The closer together your feet, the more strength and control you'll have to use.
2. Tighten your abs.
3. Lift one leg a few inches.
4. If you're maintaining good balance and keeping the ball steady, lift your leg higher. If you can, bring it straight out in front of you.
5. Repeat 8-15 times with each leg.



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Bed Leg Lift



1. Lie on your back and bend one knee so the foot is flat on the bed.
2. Raise the straight leg as high as you can. A few inches is good, and so is way up off the bed.
3. Hold it for about 10 seconds.

Seated Row



1. Sit on the floor with your legs extended but your knees slightly bent.
2. Place the center of the band around the soles of your feet and hold the band in your hands. Grasp the band such that your arms are extended but the band has little or no slack. Your palms face inward.
3. Sitting tall, pull your elbows back and your shoulder blades toward each other.
4. Slowly return to the starting position. The best muscle building comes when you go slow on the return trip.
5. Do 1-2 sets of about 10 reps.

Energy to the Sky



1. Stand with your feet hip distance apart and arms at your sides.
2. Now bring your arms up and extend them straight out in front, palms down, fingertips pointing in.
3. Inhale, and watch your hands as you raise them above your head.
4. Exhale and bring your arms back to your sides.
5. Repeat 5-10 times.



Aqua Jogging

1. Jog or walk across the pool and back.
2. Jog, walk or march in place.

Walking



1. Find some hills. Walking up boosts your heart rate, and walking down challenges a different muscle group.
2. Do intervals. Walk fast for two minutes then at normal pace for five.
3. Is the weather lousy? March in place indoors. Or across the room and back.



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Captain's Chair Lift

1. Sit up straight and grab the front corners of the seat with both hands.
2. Lift your feet.
3. Bend your knees to your chest or as high as you can. If you can raise your feet only a few inches, that's fine.
4. Tighten your abdominal muscles and lower your feet back onto the floor.
5. Repeat 3-5 times.



Cat and Cow

1. Start on your hands and knees, arms under your shoulders and hips and knees at 90 degree angles.
2. Inhale into the "cow" portion of the pose. Starting with the base of your spine, extend it all the way up. Lift your hips, drop your belly, come up through your upper back and neck and look up toward the ceiling. Imagine you're extending bottom to top, one vertebra at a time.
3. As you exhale, tuck your tailbone and round your spine in the other direction. Again, imagine moving one vertebra at a time. Hunch your upper back, tuck your neck and look at the floor.
4. Do 5-10 sets of cats and cows.