



SENIORS MOBILITY

SeniorsMobility.Org

CARDIO EXERCISES FOR SENIORS



High Knees

1. Stand with your arms at your side and feet together.
2. Stand with your arms at your side and feet together.
3. As you continue alternating knees, pump your arms up and down.



Butt Kicks

1. Stand with your arms at your side and feet together.
2. One at a time, lift a heel toward your butt. Repeat with the other leg.
3. As you continue alternating heels, pump your arms up and down.



Knee extension

1. Sit on the edge of a chair with your back straight and belly button pushed toward your spine.
2. Slowly lift one leg as high as you can, toes pointed upward, so that you straighten your knee.
3. Hold for two seconds and return to the floor. Repeat for eight times and then switch legs.

