

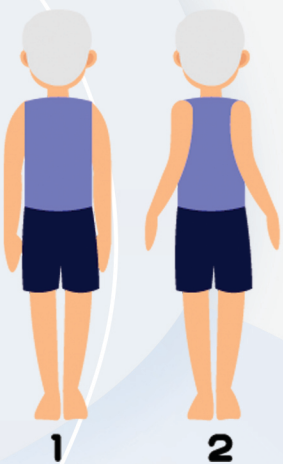


## WARM UP EXERCISES FOR SENIORS



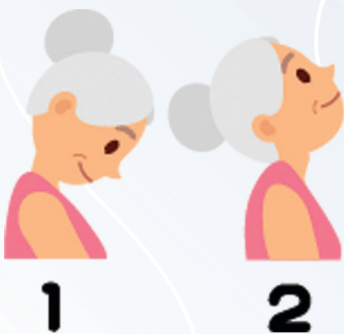
### Shoulder Rolls

1. Stand up straight with your arms by your sides.
2. Lift your shoulders and roll them forward, all the way around in a circle.
3. Move your arms and shoulders only. Keep your torso as motionless as possible.
4. Do about 20 circles. If you can, make them bigger as you go.
5. Now do 20 more rolling your shoulders in the other direction.



### Shoulder Squeezes

1. Stand up straight with your arms by your sides.
2. Alternately, bend your elbows 90 degrees and hold your forearms directly in front.
3. Pull your elbows and arms back and squeeze your shoulder blades together.
4. Aim for a symmetrical squeeze. Try not to bring in one shoulder blade farther or faster than the other.
5. Do 1-2 sets of 10-20 reps.



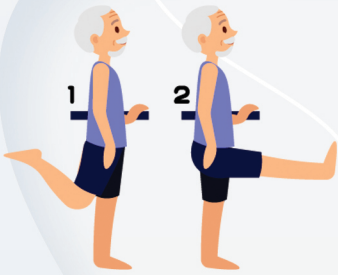
### Neck Stretches

1. Stand straight with your arms by your side.
2. Slowly bend your neck backward as far as is comfortable. Ideally, you'll be looking straight up at the ceiling.
3. Bring your neck forward until you're looking at your feet. Try to tuck your chin against your chest.
4. Repeat 10-15 times.
5. With your torso facing straight ahead, bend your neck and look to the left then to the right.
6. Repeat 10-15 times.
7. Make circles with your head, about 10 in each direction.



## WARM UP EXERCISES FOR SENIORS

### Leg Swings



1. Balance yourself with your left hand. Place your palm flat on a wall or grasp a table or chair back.
2. Swing your right leg forward as if you're kicking a ball. Kick as high as you can without losing balance or moving the left side of your body.
3. Then swing the leg back behind you. You probably won't be able to go as far backward.
4. Repeat 10-15 times.
5. Turn around and swing the left leg.

### Seated Ankle Circles



1. Sit straight in your chair.
2. Extend your right leg or cross it over your left. If you extend, it's OK to stick it straight out or bend your knee so your foot is just off the ground. These two positions will feel a little different.
3. Make circles with your ankle. Keep the rest of your leg as still as possible. These may feel jerky. Smooth them out as best you can.
4. Make 10 circles.
5. Make 10 more in the opposite direction.

### Seated Hamstring Stretch



1. Sit straight in your chair with your feet flat on the floor, shoulder width apart.
2. Extend your right leg. Straighten your knee and rest your heel on the floor.
3. Rest your hands on your thighs.
4. Slide your hands down your leg until you feel the stretch.
5. Bend from your hips. Keep your back straight from the hips up.
6. If your knee feels stressed, let it bend just a little.
7. Hold for about 20 seconds. It's OK but not necessary to deepen the stretch during the 20 second count.
8. Repeat on the left side.



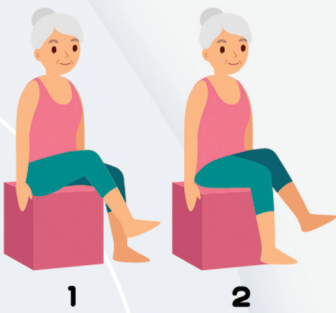


## WARM UP EXERCISES FOR SENIORS



### Seated Shin Stretch

1. Sit in your chair.
2. Cross your right ankle over your left. Keep your left foot flat on the floor.
3. Curl the toes of the right foot downward and press your legs together.
4. Hold for about 20 seconds.
5. Repeat on the other side.



### Seated Hip Lifts

1. Sit in your chair with your back resting against the chair back.
2. Grip the sides of the chair with your hands.
3. Raise your right knee and lift your right hip off the chair.
4. Hold it for 10-20 seconds.
5. Repeat about 3 times on each side.



### Waist Loosening

1. Stand up straight with your feet slightly wider than hip width.
2. Let your arms hang by your sides.
3. Rotate your hips to the left then back to the right. Your relaxed arms will flap against your body.
4. Make it a smooth and slow motion. Don't pause in the twisted position.
5. At first, keep your head, shoulders and upper back facing forward.
6. As you continue, you may include your spine, shoulder and head in the movement.
7. Continue for 1-2 minutes or until your body feels warmed up, loose and natural.

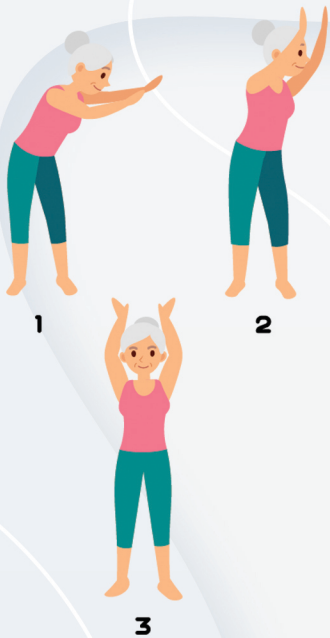


### Torso Twist

1. Stand up straight, feet hip width apart, and put your hands on your hips. You're going to use your hands to gauge how much your hips twist.
2. Inhale and stand tall. Imagine your spine growing upward.
3. As you exhale, twist your torso to the left. Go as far as you can without significantly turning the hips. Keep your knees directly above your ankles.
4. Your knees will bend slightly. Don't let one bend differently from the other.
5. Twist 5-10 times to each side.



## WARM UP EXERCISES FOR SENIORS



### Windmill

1. Stand with your feet flat on the floor and slightly wider than shoulder-width apart.
2. Relax your shoulders and let your arms hang by your sides
3. Bring your arms out in front of your body with your fingers pointed slightly downward.
4. Inhale and raise your arms over your head.
5. Arch your spine back just a bit and reach for the sky.
6. As you exhale, bend forward toward the floor and bring your arms down. You should end up bent from the hips with your arms hanging loose in front.
7. Repeat 5-10 times.



### Standing Quad Stretch

1. Balance with your left hand on a wall, chair back or other object.
2. Bend your right knee and grab your right ankle. For an easier lift, grab your pants near the cuff.
3. Gradually pull your leg up to your bottom. If it hurts your knee, don't pull it quite so high.
4. Hold for about 20 seconds.
5. Repeat with the left leg.



### Golf Club Back Twist

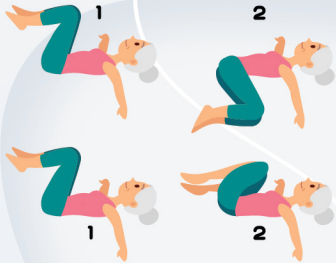
1. Stand up straight. Lay your driver across your shoulders and hold it with both hands.
2. You can also do this with the golf club positioned under your arms.
3. Turn at the waist as far left as is comfortable.
4. Hold for about 20 seconds.
5. Repeat toward the right.
6. Do about three twists on each side.





**SENIORS MOBILITY**  
**SeniorsMobility.Org**

# WARM UP EXERCISES FOR SENIORS



## Hip Rollover Back Twist

1. Lie on your back with your knees bent and your feet flat on the ground. Feet are slightly more than shoulder width apart.
2. Keeping your upper back flat on the ground, bend at the waist and drop both knees to the left.
3. Hold for 15-20 seconds.
4. Do this stretch 2 or 3 times on each side.