

Home Exercises for Seniors



Back

- Seated Bent Over Rows
- Seated Back Flies

Chest

- Push-Ups or Modified Push-ups
- Chest Flies

Core

- Crunches
- Knee Raises

Legs

- Squats or Modified Squats
- Calf Raises
- Standing Leg Kickbacks
- Standing Leg Lateral Raises

Shoulders

- Lateral Arm Raises
- Arm Circles Forward and Backward

Biceps

- Biceps Curls
- Hammer Curls

Cardio (15–20 Minutes)

- Walking
- Bike Ride
- March in Place
- Modified Jumping Jack

Triceps

- Triceps Kickbacks
- Overhead Extensions

Optional Equipment to Use Around The House

Hand Weights

Cans of Food

Water/Milk Jugs

Water Bottles

Exercise Bands

For follow-along stretching videos, visit our Facebook page:

[Facebook.com/cabqseniors](https://www.facebook.com/cabqseniors)

