

Stronger at Home — Gentle Sample Workout

Designed for senior citizens or anyone seeking low-impact, mobility-friendly exercises

Frequency:

3 days per week (Mon/Wed/Fri)

Equipment Needed:

Chair, light resistance band or small weights (optional)

Warm-Up (3–5 min)

- Seated or standing marching in place – 1 min
 - Shoulder rolls – 30 sec forward/backward
 - Gentle torso twists – 30 sec
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Strength & Balance (2 rounds)

1. **Sit-to-stand from a chair** – 8–12 reps
2. **Wall push-ups** – 8–10 reps
3. **Seated or standing leg lifts** – 8–10 reps per leg
4. **Heel raises** – 10–12 reps
5. **Seated or standing side bends** – 8–10 reps per side

Cool Down & Stretch (3–5 min)

- Neck stretches – 20 sec each side
- Shoulder stretch – 20 sec each arm
- Seated hamstring stretch – 20 sec per leg
- Deep breathing – 1 min

Tips & Notes

- Perform exercises at your own pace and comfort level.
 - Modify or skip any movement that causes discomfort.
 - Weekly or biweekly Zoom sessions provide personalized adjustments, guidance, and motivation.
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