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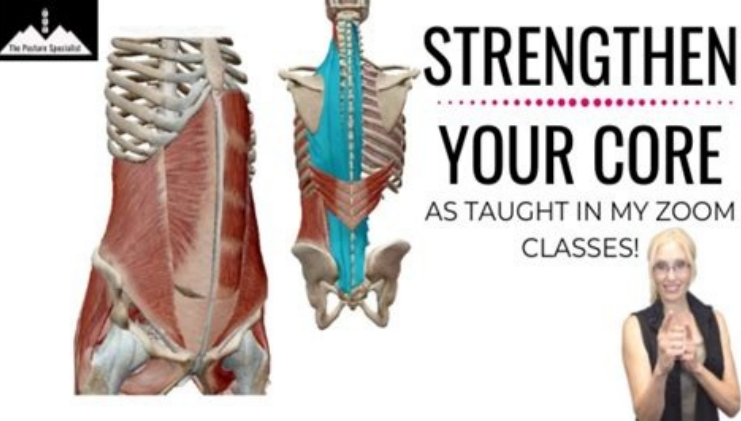
## Seated core strengthening exercises pdf

**Seated core strengthening exercises. What are the best exercises to strengthen core. What are some good core strengthening exercises. Seated core strengthening exercises for seniors pdf. Simple back and core strengthening exercises.**

Forget crunches and hard-to-do planks. You don't need intense exercises to get the life-changing benefits of a stronger core. With these seated core exercises for seniors (all in a printable pdf!) you can get stronger, fix back pain & improve your mobility all while sitting in a chair. Because your core links your upper and lower body together it's used in every single movement you make. So if you want to improve any part of your health or physical function... starting with your core is a really good idea.



A stronger core will... Support and protect your spine Stabilize your entire body Improve balance Prevent stumbles Lower the risk of falling Decrease back pain Improve posture Your core keeps your body in alignment which is what allows it to function properly. The stronger it is, the better you'll function in everything you do and the less pain you'll have. Before you start a new exercise routine, be sure to check in with your doctor and know what you should or shouldn't do.



Avoid these 7 common mistakes made by older adults when getting started (Click Or Tap Here To Read) Your core is more than just your abdominal muscles. It's made up of your pelvis, lower back, hips, obliques & abs. This group of interconnected muscles at the center of your body is what keeps you upright, stabilizes your spine and helps you to sit, bend, twist & move. Simply follow along with this video to see exactly how to do each core exercise step-by-step (written instructions are below): Why it's important: Changes how your core muscles work together and prepares them for the rest of the exercises How to do it: Get into a comfortable, upright position on your chair with your back straight Stick your fingers inside your hip bones and squeeze with your thumbs (pinching in under the muffin top) Lean in forward slightly and breathe into your fingers Do 5 slowly controlled breaths Why it's important: Strengthens the muscles that help you twist and rotate How to do it: Sit upright and raise your arms in front of you, crossing one over the other Take a breath in Twist your torso to the right as you breath out Return back to center Breathe in Twist your torso to the left as you breath out Return back to center Repeat for 5 repetitions on each side Why it's important: This exercise moves your pelvis and rib cage in opposite directions from one another which improves your ability to twist & turn your body How to do it: Sit up nice and tall with feet flat on the floor Keep your pelvis still by sitting in the chair Bend to the side as if you're reaching down towards the floor with your right hand Return to center Bend to the other side as if you're reaching down towards the floor with your left hand Repeat for 5 repetitions on each side Why it's important: This exercise engages your core muscles and strengthens them from a seated position How to do it: Sit against the back of your chair Move your butt forward a few inches and lean back Hold your torso up nice and tall (chest out) with feet planted on the floor Bring your body forward so you are sitting straight up (don't hunch your shoulders or come too far forwards) Repeat 10 times. You're all done! To download your pdf click the link below: Download the core exercises for older adults pdf now (Click Or Tap Here) This is a very gentle introduction to seated core exercises for older adults. If you want to keep progressing, be sure to check out the full 7 day program. Yes, I want to know more about the 7 day core program for older adults (Click Or Tap Here)

- What Type of Core Strength Training Exercises Should You Do?
- What Are Some Good Chair Exercises?
- How Can I Strengthen My Core While Sitting?
- The 5 Best Seated Core Exercises
- Seated Core Exercises—Wrap-Up

According to the *American College of Sports Medicine* (ACSM), core training is an essential part of any personal fitness routine. Your core helps transfer force and power from your lower to upper limbs. The stronger your midsection is, the safer you'll be during exercise<sup>1</sup>.

A strong core can also help increase stability and reduces **lower back pain**, even chronic forms <sup>2 3</sup>.

But if you're limited due to past injuries, age, or for any other reason, you might think core training is out of your reach. The good news is this: *you can modify any core exercise to be done from a chair and still get results*.

Actually, if you're older or battling mobility limitations, building core strength is even more important. It improves balance and decreases your likelihood of falling<sup>4,5</sup>.

Here's how to get started with core exercises from a chair, and our 5 favorite movements you can do at home.

### What type of core strength training exercises should you do?

*ACSM* suggests using **core training exercises** that:

- **Stabilize your spine:** 29 muscles are considered part of your core<sup>6</sup>. These muscles hold your spine in place, support it when you move, and hold different postures. Strong muscles enable you to **brace harder**, which protects your spine from injury<sup>7</sup>.
- **Increase muscular strength (MS):** MS measures the maximal force of muscles<sup>8</sup>. A stronger core helps you produce more power during exercise<sup>9</sup>.
- **Increase muscular endurance (ME):** ME measures your muscle's ability to perform before fatiguing<sup>10</sup>. With more endurance, you're less prone to bad form and injuries during exercise<sup>11</sup>.
- **Help you better anticipate body movements:** This one may seem confusing, but consider the fact that 31 million people live with back pain<sup>12</sup>. According to the *American Chiropractic Association* (ACA), many back injuries (especially muscle strains) take place when doing things like manual labor, twisting too far during sports movements (example: golf swing), or practicing poor posture. Strong muscles in your midsection can reduce your risk of back injuries during sport or other types of movement<sup>13</sup>.

With a few modifications, many popular core training exercises (Russian twists, bicycles) can be done seated.

This information from ACSM's guidelines can be useful for determining exercises and how you'll apply them to your workouts (i.e. doing higher reps to increase ME).

If you're more of a visual learner, this video breaks down some seated core exercises as well:



### What are some good chair exercises?

First and foremost, learning to breathe properly helps stabilize your core<sup>14</sup>. Learning how to breathe can set you up to do other core exercises. You'll notice each exercise below starts with setting your posture up correctly first.

"Proper" refers to breathing through your diaphragm. You can practice this right in a chair, like this:

- Sit tall while maintaining a good posture. Place your feet flat on the floor. Your goal is to find a "neutral" position, which means a straight spine.
- Inhale through your nose and feel your belly THEN the lower ribs expand. Brace your core around that breath. This is activating your core.
- As you exhale, maintain good posture and tension in your core muscles. Your midline, or the muscles around your spine, should not move.
- Repeat.

Do this once or twice a day for 10 to 20 breaths for a few days, then try some of the core exercises below (see section: "The 5 best seated core exercises.")

### How can I strengthen my core while sitting?

Sitting, just like standing or exercising, means holding posture. To strengthen your core while sitting, select modified core exercises that force you to hold postures, brace your muscles, or work against gravity.

Your abs, lower back, hips, and obliques can all be strengthened from a chair. You can even do lower-impact cardio movements like jumping jacks.

See “The 5 Best Seated Core Exercises” section below for 5 at-home options you can try.

## The 5 best seated core exercises

### 1. Seated deadbug (arms only)

**Works:** transverse abdominis, lower back, lats

- Practice your breathing technique—find a good posture and take a deep breath in through your nose. Your belly, then chest, should expand.
- After you inhale, flex your abs hard. This is called “[abdominal bracing](#)”. Hold this position.
- Slowly raise both hands to be out in front of you (parallel to your face), like you’re holding a ball out in front of your chest.
- Raise one arm above your head. Keep your abs braced.
- Slowly lower your arm, then repeat on the other side.

Do 3 sets of 10-15.

**Modification:** to make this more difficult, lift the opposite leg off of the ground 1” at the same time.

### 2. Single leg lifts or knee tucks

**Works:** [lower abs](#), hip flexors, lower back

- Sit toward the middle or edge of your chair. Find good posture and neutral spine.
- Place your hands on either side near the thighs or glutes. Grip firmly.
- Lift your right bent leg as high as you can go. Aim for just above hip height. Hold for one second at the top.
- Return the first leg, then raise the other. Pause again at the top.

To make these more advanced, do both legs simultaneously or attempt to straighten the legs.

Do 3 sets of 5 to 10 on each leg.

### 3. Seated Russian twists

**Works:** abs, hip flexors, [obliques](#)

- Sit up tall, with your back off the chair.
- Bend your knees at a 90-degree angle.



- To make this more advanced, lift feet 1” off the ground. .
- Make a fist with your hands and hold them next to each other in front of you.
- Tightening your core, bring your balled up hands from one side of your legs to the other. Follow your hands with your head and eyes. If the seat has arms, aim to touch on each side.
- Sit up tall and breath throughout. Practice bracing your abs during each repetition.

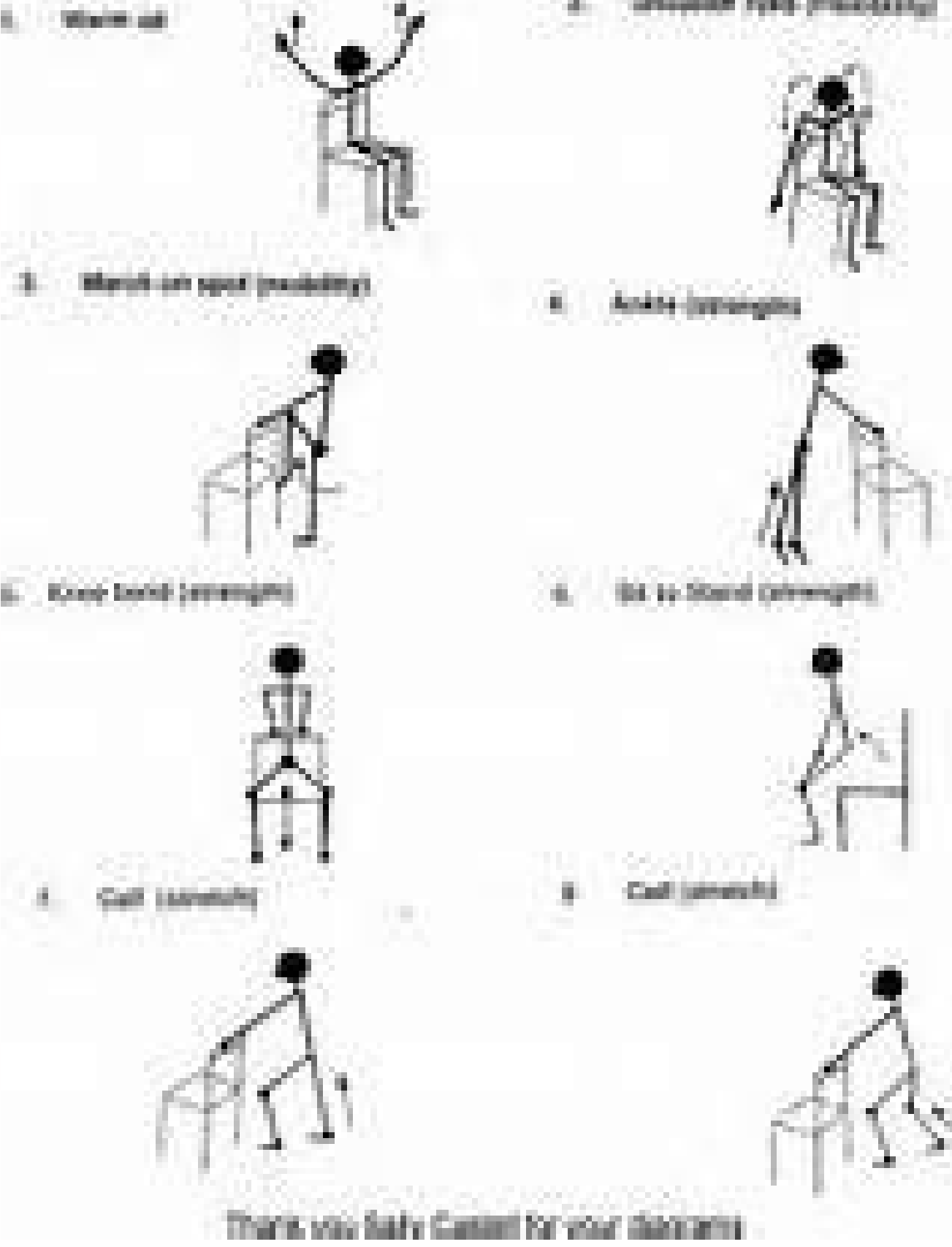
Do 20 total reps, 10 on each side. Take a 45 second break, then do 2 more sets.

### 4.

#### Bent over reverse fly

**Works:** [lower back](#), abs, [shoulders](#)

- Sit on the edge of the chair. Before beginning, take a big diaphragmatic breath. Neutral spine, inhale through the nose, sharp exhale focusing on bracing your abs.
- Maintaining this pressure in your core, lean forward slightly, keeping your back engaged. Make a “proud chest” (like you would during a [drinking bird](#)).
- Start with your arms in front of your body, palms facing each other.
- Maintain the tight back/proud chest position.



- Raise your arms out straight to the side so you look like a ‘T’. Hold for one second.
- Return to the starting position slowly. The slower the better.

Do 3 sets of 10 to 15 reps.

### 5. Seated jumping jacks

**Works:** [full body](#) (plus cardio)

- Set up your posture first.
- Sit up in the chair with your back straight. Find that neutral position (explained in section “What are some good chair exercises?”).
- Place your feet lightly on the floor so that they are barely touching; knees close together.
- With your hands at your sides, raise your arms overhead. At the same time, think about pushing off your toes to “jump”, opening your legs out to either side.
  - If this is too difficult, or doing both legs at once shifts your posture, you can alternate sides instead.
- Return to the starting position.

Do 30 reps. Catch your breath (30 to 60 seconds) and then do 2 more sets. These are an awesome [low-impact cardio exercise](#) if you have [knee](#) or [hip](#) pain.

## Seated core exercises—wrap-up

Strengthening your core is extremely important regardless of your physical state or your age. Benefits include decreased risk of injury, better stability, and performance during workouts. For seniors, a strong core improves quality of life and decreases chances of serious injury or health scare from falling.

Age, mobility restrictions, or past injuries shouldn’t prevent you from strengthening your core. You can get all these benefits by performing these exercises right from a chair. Focus on good breathing and posture first, then do these exercises a few times each week. You’re bound to notice better balance, stability, and may even notice a reduction in back pain.

Previous Post Back to Exercise Next Post As the body ages, things begin to change. Weight is easier to gain and muscles lose mass much faster than ever before. The body’s care is where a lot of this activity takes place.As the muscles lose strength and mass, fat begins to collect in the abdomen and around the vital organs. With more visceral fat around the organs, it can increase the pressure in the abdomen and actually hinder blood flow to the area. When the muscles begin to lose mass, they also begin to lose strength as well. Less strength means less support for the organs.With the right core exercises, seniors can regain their strength and reduce the health risks associated with too much visceral fat in the abdomen. Please click the button below to download a free PDF of the exercises in this article. Before starting any new exerciset(s), we strongly recommend you follow the advice of the National Institute on Aging and consult your doctor.

Visceral and subcutaneous fats are both found in the abdomen. While subcutaneous fat is unsightly, it doesn’t pose much of a health problem if it is kept to a minimum. Visceral fat, however, is a different problem. It collects around the organs, impeding blood flow and increasing pressure. With core exercises, you can start to eliminate the visceral fat deposits and increase the strength of your abdominal muscles. The more fat you lose and strength you can regain, the lower your risk of potential health problems like cardiovascular disease, Type 2 diabetes, and many other health conditions that affect the digestive tract.It can be much harder for seniors to lose weight. As we age, changes within the body, such as hormone changes, fluctuations in metabolism, and genetics all play a role in how your body holds weight. It is essential to eat a healthy diet, get enough sleep, and exercise on a regular basis. With the right core exercises, seniors can tone their abdominal muscles and begin to regain muscle mass as the body loses its visceral fat deposits. Even if you haven’t exercised in a while, you can get back on track by starting out slowly and gradually building back up to a more rigorous exercise schedule. As a senior, you need to find the right core exercises for your body type and level of activity. In order to find the best core exercises for you, you need to understand your limitations and also know what goals you are trying to achieve. Try several core exercises to determine which ones you feel most comfortable with. Create multiple workout routines you can use so that you can mix them up and make them different every time. Standing core exercises for seniors are easy to do and can be performed anywhere. You can strengthen your core while watching television or working around the house. Stretching is beneficial for many reasons, especially when it comes to strengthening your core. Stretching spreads out the tissues, re-establishing blood flow and toning the tissues. Stretching also helps to break up the deposits of fat that are nestled along the organ. Any type of stretch you perform will help to improve how your body functions. Stretching your core muscles on a daily basis will keep them strong and resistant to injury. Stretching is also beneficial when dealing with visceral and subcutaneous body fat. sourceStart by standing with your feet shoulder-width apart and your hands above your head. Hold your elbows out to the side. Bring your right knee up to your right elbow and then repeat with the left knee and left elbow. Repeat 10 times at a pace you feel comfortable with. Standing oblique bends are a great way to strengthen the muscles that make up the abdominal wall. They provide support to your vital organs and prevent them from injury. Start by standing with your feet shoulder-width apart and your hands above your head. Hold your elbows out to the side. Bring your right knee up to your right elbow and then repeat with the left knee and left elbow. Repeat 10 times at a pace you feel comfortable with. Standing oblique bends are a great way to strengthen the muscles that make up the abdominal wall. They provide support to your vital organs and prevent them from injury. Seated core exercises for seniors are easier for people who have problems with mobility. These exercises can be performed while you are at work or sitting in a chair at home. With the right type of core exercise, seniors may be able to regain some of their mobility and start exercising from a standing position. Seated core exercises are ideal for individuals who are confined to a wheelchair and will allow them to keep their core as strong as possible. Single knee tucks/lifts are easy to perform.

Sit comfortably with your feet on the floor. Bring one knee up at a time to perform a “tuck” position up to the chest. Lower your leg slowly down to the floor. Repeat with each leg for 10 reps each. Once you get to a point where you are comfortable with this exercise, you may want to try and use ankle weights for a little more resistance. Increase the number of reps as you go.

To perform Russian Twists, elevate your feet about an inch off of the ground. Make a fist and hold your arms in front of you. Sit up as tall as you can and reach your hands from side to side as far as you can reach. With your knees at a 90-degree angle, you can easily tighten your core as you begin the twisting motion.Start out by performing 10 reps each time. As you begin to feel your core muscles loosen, increase the number of reps and extend your reach. It won’t take long before you are noticing a difference in how you feel and the way your body moves. Seated jumping jacks are the same as traditional jumping jacks except you are not jumping up and down. Sit down with your back as straight as possible. As you raise your hands above your head, extend your feet out to each side. Bring them back to center in unison. Repeat 10 times. It’s important to start out slowly when performing this exercise. Take your time to ensure that you are using the proper body mechanics. For seniors with back pain, there are several core exercises you can do to strengthen your abdomen without stressing your lower back. Performing these exercises regular will strengthen both your lower back as well as your core muscles and will help you lose unsightly pounds. Back pain can lower your quality of life.Strengthening your core muscles will help you release the tension in your lower back and improve blood flow to the affected area. The more you perform these exercises, the better you will feel over time. sourceChest and neck exercises will actually work muscles that extend downward into your abdomen. This will open up the area for improved blood flow and help you to remain flexible. Place your hands behind your head, stretching your back and neck up as far as you can. Lower your elbows, one side at a time, making sure to feel the stretch along the side of your neck and down into your chest.

Start by doing 10 repetitions to each side.The more you perform this exercise, the less stress you will carry in your neck and shoulders. This will increase blood flow to the brain and may actually work to improve your mood as well. The gentle twist exercise starts with you sitting, feet flat on the floor and back straight. Raise your hands above your head. Lower your arms to your left side. Raise them back up and then lower them to your right side. As you lower your arms to each side, twist as far as you can. Repeat 10 times.The more you perform this exercise, the more flexible your lower back and core muscles will become. This will make breathing easier and will allow you an opportunity to incorporate other types of stretching exercises into your core routine. The backward reach exercise is easy to perform. Reach behind your body and clasp your hands together. Once your hands are together, reach as far back as you possibly can. Hold for a few seconds each time. Repeat 10 times. You can increase the number as you become more comfortable and gain more range of motion. With this type of exercise, you will also be able to expand your rib cage, making it easier to take deeper, fuller breaths. Easy/gentle core exercises for seniors can be relaxing and will actually allow you to let go of some of the stress you may feel throughout the day. These core exercises are an excellent choice for seniors who have limited mobility and may not be able to perform more traditional exercises. The more you perform gentle core exercises, the more likely it will be that you can begin to perform more strenuous exercises as you move forward. Stretching is one of the simplest of all the core exercises. It pulls apart the muscle fibers and helps to break apart fatty deposits. This releases pressure on the tissues and encourages improved blood flow to both the muscles and the organs. As the muscles become more flexible and begin to regain their strength, they also begin to burn more calories.The increased blood flow brings more nutrients to the tissues and carries away waste and other by-products produced by exercise. Yoga and Pilates are both gentle forms of exercise that help to burn calories as well as improve overall bodily function. Both types of exercise focus on coordinating movement with breathing. The better you become at syncing your breathing with your exercise, the more balanced your body becomes. With more oxygen being brought into the body, your metabolism improves making it easier for your body to burn calories and eliminate unwanted fat. Swimming is one of the best exercises for core muscles. The water provides the resistance the body needs to gradually increase strength. Moving through the water forces the body to use all of its muscles, even those we often think aren’t reachable with regular exercise. The more you swim, the more your muscles are strengthened and the more calories you burn.There are many different swim strokes you can choose from, each one using a different set of muscles each time. Switching strokes throughout your workout will ensure all areas of the body are exercised efficiently. Your core muscles are the foundation of your body. They protect your internal organs and give you the strength you need to do most of your daily activities. Keeping these muscles strong and healthy is imperative if you want to stay strong and keep off those unwanted pounds. Belly fat can be detrimental to your health. With the proper core exercises, you can reduce the amount of fat you carry and strengthen your core at the same time. If you’re a senior, taking a few minutes a day to perform core exercises will prove to be beneficial in many ways.