

Exercises For Seniors At Home: Lower Body

 thepeacefulchair.com/2023/10/exercises-for-seniors-at-home-lower-body

Leg Exercises For Seniors At Home

I love to find ways to add some variety to our seated chair exercise routines. I had so much fun with [6 Chair Exercises With A Yoga Block](#) that I decided to do another post with 5 more yoga block exercises that are specifically for the lower body. If you are interested in taking a look at some other seated full body and leg exercises for seniors at home to add to your routine, you may also want to check out:

[5 Seated Exercise Just For Fun](#)

[5 Seated Exercise With A Towel](#)

[5 Seated Exercises With A Ball](#)

Using things you have around the house makes exercise more accessible. The more accessible exercise is- the more likely we are to do it. I have talked before about the benefits of adding in small doses of exercise throughout the day- as well as incorporating functional exercises to our daily routine [here](#).

When it comes to the lower body, maintaining adequate strength and range of motion can be key to independence. There is ongoing research as it relates to strength and aging. Take a look at some [research](#) or if you would like some more resources take a look here: [How Can Strength Training Build Healthier Bodies As We Age?](#)

5 Leg Exercises For Seniors At Home: With A Yoga Block

With that said, let's just get right to it. Keep reading for 5 leg exercises for seniors at home. You can also take a look at this [video](#) if you would like to follow along with me as I practice each of the exercises for about 8-10 repetitions. Although, I never do a very good job of counting! You can make it your own by choosing your repetitions or the number of sets that you do. This can also give you some ideas for exercises that you can add to your daily routine.

As always, consult with your healthcare provider before starting this or any exercise program. Remember to always do what is right for you. Never force or strain and stop immediately if you have pain, shortness of breath, or dizziness. Take a look at this suggested warm-up:

Warm Up

- Take a few deep breaths as you sit tall with a long spine with both feet planted firmly on the ground
- Practice a few shoulder circles by bringing the shoulders forward, up, back, and then down
- Slowly lift the toes up and then down 5-10 times
- Then slowly lift the heels up and then down 5-10 times
- Gently march in place by alternating one knee up and down and then the other for 5-10 repetitions

1. Hip Flexion



- Begin seated with a long spine with the feet planted evenly on the ground
- Hold the block with both hands above the thighs
- Inhale to raise one knee up to touch the block
- Exhale to lower the foot back to the ground
- Repeat 5-10 times or as desired
- Repeat on the other side

You can raise the block higher or lower depending on your needs. You are still engaging the muscles in the thigh and core as you work to maintain a long spine with the core engaged.

2. Knee Extension with Adduction



- Begin seated with a long spine with the feet planted evenly on the ground
- Place the block between your thighs with the short side up and gently squeeze to hold it in place
- Inhale as you extend one knee
- Exhale to lower the foot back to the ground
- Repeat 5-10 times
- Repeat on the other side

Only straighten the knee as much as is comfortable. Keep the back of the thigh on the chair and maintain a long spine with the core engaged.

3. Abduction Step Overs



- Place the block on the floor on the outside of one foot
- Inhale to raise the knee on the same side and lift it over the block
- Exhale to place it on the floor
- Inhale to lift the knee back up
- Exhale to move it back in and place it on the floor
- Repeat 5-10 times
- Repeat on the other side

To modify, you may choose to lift the foot up and place it on the block (not on the other side) and then bring it back to the center.

4. Knee Extension With Block



- Begin seated with a long spine and the core engaged (I am sitting all the way back in the chair for this exercise)
- Hold the block between your feet on the floor- you can choose the long or short side
- Inhale as you straighten both knees while keep the block between your feet
- Engage the core and the inner thighs
- Exhale to lower
- Repeat 5-10 times as desired

Only straighten the knees as much as is comfortable while keeping the back of the thighs on the chair. If straightening both knees is not right for you, gently squeeze the block between the knees as you lift and lower the toes.

5. Dorsiflexion



- Begin seated with a long spine with your feet on top of the block
- Move your heels to the middle of the block and let the toes hang slightly over the front edge
- Inhale to lift the toes up
- Exhale to lower them back down
- Repeat 5-10 times or as desired

I hope that you enjoyed these 5 lower body chair exercises using a yoga block. You may wish to repeat them for a second set. Let me know what you thought!

Want More?

If you are new to chair yoga, you may be interested in [Is Chair Yoga Right For You?](#) or [Chair Yoga and Osteoporosis](#)

Take a look at the [Chair Yoga Challenge](#) or the [At Home Chair Yoga Challenge](#)

Be sure to take a look at the [Resources](#) Page for some printable exercises

If you missed the link above, you can find the video here: [5 Seated Lower Body Exercises Using A Yoga Block](#)

Visit [The Peaceful Chair Etsy Shop](#) for Health and Wellness related printable pages.

I invite you to visit [The Peaceful Chair YouTube Channel](#) for more chair exercise and chair yoga videos!

Namaste!

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