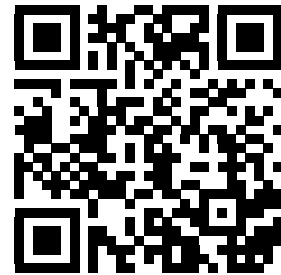


Completely Seated Workout For Seniors (15 Minutes) | More Lif...

Complete step-by-step video companion



SCAN TO START VIDEO

Duration: 15 minutes 44 seconds

Channel: More Life Health Seniors

Before starting

- Use a stable chair without wheels and clear the surrounding floor.
- Follow the person's care plan and professional advice; staff should remain nearby.
- Choose seated or easier options whenever needed and pause the video for extra rest.
- Stop for pain, dizziness, chest pain, unusual breathlessness or feeling unwell.
- This guide supports the video; watch the instructor for exact form and pace.

Completely Seated Workout For Seniors (15 Minutes) | FOLLOW IN TIME ORDER

More Lif...

1



Seated March

00:55

March in the chair at the instructor's pace, keeping the shoulders relaxed.

Watch the instructor and stay within a comfortable range.

2



Breathing with Arm Float

01:34

Breathe in as the arms float up comfortably; breathe out as they lower.

Watch the instructor and stay within a comfortable range.

3



Out-and-In Steps

02:03

Step the feet outward one at a time, then bring them back toward centre.

Watch the instructor and stay within a comfortable range.

4



Breathing with Arm Float

02:24

Breathe in as the arms float up comfortably; breathe out as they lower.

Watch the instructor and stay within a comfortable range.

5



Overhead Reach

03:59

Reach upward only as far as comfortable, keep breathing, then lower the arms.

Watch the instructor and stay within a comfortable range.

Completely Seated Workout For Seniors (15 Minutes) | FOLLOW IN TIME ORDER

More Lif...

6



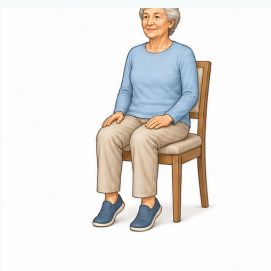
Shoulder Rolls

04:46

Lift the shoulders gently, circle them back and down, then repeat without forcing.

Watch the instructor and stay within a comfortable range.

7



Heel Raises

07:42

Keep the toes down, lift both heels, then lower them slowly.

Watch the instructor and stay within a comfortable range.

8



Breathing with Arm Float

09:38

Breathe in as the arms float up comfortably; breathe out as they lower.

Watch the instructor and stay within a comfortable range.

9



Out-and-In Steps

11:04

Step the feet outward one at a time, then bring them back toward centre.

Watch the instructor and stay within a comfortable range.

10



Breathing with Arm Float

12:02

Breathe in as the arms float up comfortably; breathe out as they lower.

Watch the instructor and stay within a comfortable range.

Completely Seated Workout For Seniors (15 Minutes) | FOLLOW IN TIME ORDER

More Lif...

11



Alternating Punches

12:20

Punch forward gently, one arm at a time, without locking the elbows.

Watch the instructor and stay within a comfortable range.

12



Seated March

12:49

March in the chair at the instructor's pace, keeping the shoulders relaxed.

Watch the instructor and stay within a comfortable range.

13



Alternating Punches

13:27

Punch forward gently, one arm at a time, without locking the elbows.

Watch the instructor and stay within a comfortable range.

14



Seated March

14:04

March in the chair at the instructor's pace, keeping the shoulders relaxed.

Watch the instructor and stay within a comfortable range.

15



Breathing with Arm Float

14:33

Breathe in as the arms float up comfortably; breathe out as they lower.

Watch the instructor and stay within a comfortable range.

Completely Seated Workout For Seniors (15 Minutes) | FOLLOW IN TIME ORDER

More Lif...

16



Breathing with Arm Float

14:59

Breathe in as the arms float up comfortably; breathe out as they lower.

Watch the instructor and stay within a comfortable range.