

Posture Exercises for Seniors

Like any workout, the best way to benefit from posture exercises for seniors is by adding them to your routine. Here's a posture exercises for seniors PDF that you can download for guidance. You may swap out exercises as you please.

Day	Exercise	Repetitions / Duration	Rest Between Exercises
Monday	Shoulder Rolls	10–15 rolls forward and	30 seconds
	Chin Tucks	backward	30 seconds
	Seated Marches	10 reps, hold 3–5 seconds each	1 minute
	Cool Down: Chest Opener	2 sets of 15–20 marches	—
Tuesday	Pelvic Tilts	Hold for 15–20 seconds.	30 seconds
	Bird-Dog	2 sets of 10–12 reps	45 seconds
	Spinal Twists	2 sets of 8 reps per side	30 seconds
	Cool Down: Shoulder Rolls	10 twists on each side	—
Wednesday	Rest or Light Stretching	10 slow rolls	—
Thursday	Wall Angels	—	45 seconds
	Resistance Band Pull-Aparts	10–12 reps	1 minute
	Cat-Cow Stretch	2 sets of 10–15 reps	30 seconds
	Cool Down: Deep Breathing	10 rounds	—

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Day	Exercise	Repetitions / Duration	Rest Between Exercises
Friday	Seated Rows (with band or towel)	1–2 minutes	45 seconds
	Pelvic Tilts	2 sets of 10 reps	30 seconds
	Spinal Twists	2 sets of 10 reps	30 seconds
	Cool Down: Chest Opener	10 reps each side	—
Saturday	Gentle Routine (Pick 3 Favorites)	Hold for 15–20 seconds.	As needed
Saturday	Rest	10–15 minutes	—

Additional Notes:

[illegible]