
Total Body Stretch for Seniors

1. See your doctor before you begin any exercise program
2. Begin with a 5-10 minute warm up of light cardio (walking in place, jogging, etc.)
3. Hold each stretch for 10-30 seconds and repeat for 1-3 times.
4. Perform these stretches after a workout or after muscles are warm from a hot bath or shower.
5. For best results, combine this workout with regular cardio and a healthy, low-calorie diet.

Hamstring Stretch

Sit on a bench or on a chair with another chair across from you. Stretch one leg out, toes up, with the other foot on the floor. Keep your back straight and abs engaged and bend forward from the hips until you feel a gentle stretch in the back of your leg. If you've had a hip replacement, check with your doctor before doing this stretch.



Calf Stretch

Stand with hands on the wall for support in split stance--one leg forward and one leg back. Press the back heel towards the floor and lean the body forward until you feel a gentle stretch in your calf. Repeat on the other side.



Quad Stretch

Do this exercise standing or lying on the floor. Holding onto a wall or chair for support, bend one knee, bringing the foot up behind you towards your backside. Grab onto the foot or ankle with your hand and point the knee towards the floor to feel a stretch down the front of your thigh. If you've had a knee replacement or knee problems, check with your doctor before doing this stretch. Repeat on the other side.



Back Stretch

Clasp your hands together in front of you and round your back towards the floor, pressing your arms away from your body to feel a stretch in your upper back.

Torso Stretch

Sitting or standing, clasp your hands straight up overhead, palms facing the ceiling. Gently lower to the right side until you feel a stretch down your left side. Switch sides and repeat.



Triceps Stretch

Bend the left elbow behind your head and use the right hand to gently pull the left elbow in further until you feel a stretch in the back of your arm. Switch sides and repeat.