

Exercises for Seniors



Shoulder / Chest Stretch

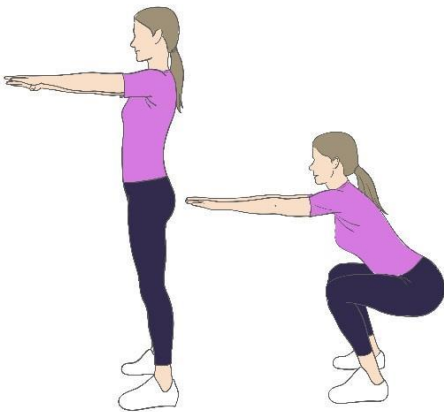
This exercise helps **strengthen** your **shoulder muscles**

1. Sit on a chair with your back straight, both feet on the floor
2. Use both hands to hold onto a stretch band or a towel shoulder length apart
3. Slowly lift your arm up into the air reaching behind the head, stretch the band or towel with your arm straight

Wall Push-Up

This exercise helps **strengthen** your **arm muscles**

1. Stand facing a wall with some distance
2. Put both hands on the wall at shoulder height
3. Slowly bend your elbow and lead your body against the wall. Keep your legs straight and heels on the floor
4. Hold this position for 1 second
5. Slowly push yourself back in position using your arm muscles
6. Repeat this exercise 10 to 15 times



Squats

This exercise helps **strengthen** your **hips** and **leg muscles**

1. Stand in front of a chair with the back facing the chair
2. Position feet apart a little bit wider than shoulder length
3. Straighten both arms out within shoulder length
4. Shift most of your weight toward your heels and bend your knees as you sit on a chair slowly while counting to 4
5. Slowly stand up while the back is straight
6. Repeat this exercise in 2 sets, each set 10 times. Rest 1 minute before you begin the second set.

Be cautious! Do stretch band exercises slowly and carefully!



To learn more about our doctor's group,
call Member Relations: (415) 590-7418



aamgdoctors.com



[youtube.com/AAMGDoctors](https://www.youtube.com/AAMGDoctors)



[facebook.com/DoctorsAAMG](https://www.facebook.com/DoctorsAAMG)

Exercises for Seniors

Plank Exercise

This exercise helps **strengthen** your **arms, legs,** and **abdomen area**

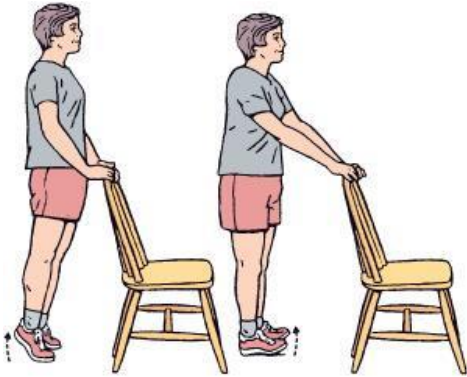
1. Kneel both knee on the floor and place both of your forearm on the floor with a push up position
2. Then straighten both of your feet and use your stomach muscle to lift your body up
3. Hold the position for 30 seconds and slowly lie down on the floor
4. Make sure your body and straight, your hip should not be too high nor too low



Toe Stands

This exercise helps **strengthen** your **balance**

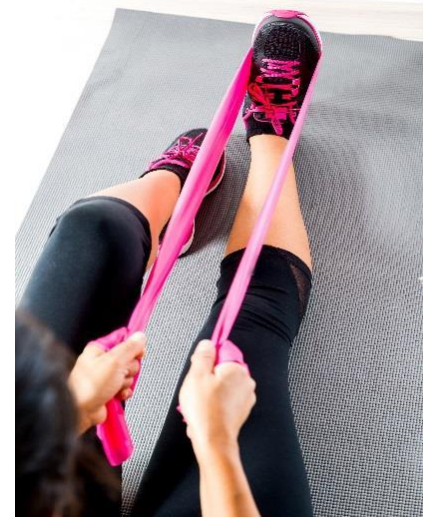
1. Stand behind a chair with your feet open at shoulder length
2. Slowly lift your heels up and stand on both of your toes and count to 4
3. Hold the position for 2 to 4 seconds and slowly bring both heels back down to the floor
4. Repeat this exercise in 2 sets, each set 10 times. Rest 1 minute before you begin the second set



Hamstring Stretches

This exercise helps **strengthen** your **legs' flexibility**

1. Sit on the floor with both feet straighten
2. Lift your knee up while keeping your left foot flat on the floor
3. Try to use both hands to reach your right toes or use a stretch band or a towel to wrap around your right foot and pull it towards you
4. Hold the position for 20 to 30 seconds and slowly get back in position
5. Repeat this with your other leg



Be cautious! Do stretch band exercises slowly and carefully!



To learn more about our doctor's group,
call Member Relations: (415) 590-7418



aamgdoctors.com



[youtube.com/AAMGDoctors](https://www.youtube.com/AAMGDoctors)



[facebook.com/DoctorsAAMG](https://www.facebook.com/DoctorsAAMG)