



# Fully-Seated Workout for Older Adults



Warm Up: Neck and Shoulder Rolls



Arm Y's + T's 10x each



Run in Place (30 seconds)



Biceps Curls 10x each



Kicks + Punches 20x each

\*use bottles or books for added weight!



Triceps Kickbacks 10x each



Incline Hold (30 seconds)



Figure Four (30 seconds each)