Free guide

Gentle Strength

LIVE BETTER. MAKE LIFE MATTER.

Seated arm and knee movements, with wall and chair options only when they feel safe.

Safety

If you have a health condition, a recent surgery, an injury, or major limits on mobility, ask a qualified professional before you try these movements. This is general education. It is not treatment, it is not a diagnosis, it is not physical therapy, and it is not a personal exercise plan. Stop if a movement hurts, makes you dizzy, or feels unsafe. A smaller movement is enough. Sit-to-stand is only for a moment that already feels safe. Use your hands. This is not a strength program for a medical condition.

These guides are not treatment.

Time

About 10 minutes. Skip every standing part that does not feel safe.

Rest whenever you want. You do not have to finish every part.

Seated arm raises

Lift one arm only as high as is comfortable, then lower it. Switch arms.

How much: 6 each arm.

An easier way: Do 3 raises, only to chest height.

Seated knee extensions

Straighten one knee, then lower the foot. Switch legs.

How much: 6 each leg.

An easier way: Slide the foot along the floor.

Wall push-ups

Only if standing at a wall feels steady. Place both hands on the wall, bend the elbows a little, then push back.

How much: 5 times.

An easier way: Stand closer to the wall and bend less, or skip this and stay seated.

Supported calf raises

Hold a stable chair. Lift the heels a little, then lower them.

How much: 6 times.

An easier way: Do the heel lifts seated.

Sit-to-stand only when safe

Use a sturdy chair. Put your hands on the chair or a counter. Stand up and sit down with control. Skip this if it does not feel safe.

How much: 3 times, or none.

An easier way: Stay seated and press your feet into the floor instead.

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https://www.lifezoi.com/academy/move/resources/guides/gentle-strength

Sources linked, not copied

Strength Training Workout for Older Adults (National Institute on Aging on YouTube)

https://www.youtube.com/watch?v=JejTelL05Qw

Wall Pushups Strength Exercise for Older Adults (National Institute on Aging on YouTube)

https://www.youtube.com/watch?v=751E9kAdkwg

Older Adult Activity: An Overview (Centers for Disease Control and Prevention)

https://www.cdc.gov/physical-activity-basics/guidelines/older-adults.html

LifeZoi wrote this guide. It does not copy an outside video, class, or PDF.