



### GERIATRIC - ELASTIC BAND OVERHEAD PRESS

Sit in chair and place a long elastic band under your feet and hold the ends with your hands.  
\*If you do not have an elastic band, use a water bottle or can of food for weight.

Start with your elbows bent and near the side of your body.

Raise your hands over head while extending your elbow. Lower back down to starting position and repeat.

Video # VVP7H63W3

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 3 Times a Week



### GERIATRIC - ELASTIC BAND BICEP CURLS

Sit in chair and place a long elastic band under your feet and hold the ends with your hands.  
\*If you do not have an elastic band, use a water bottle or can of food for weight.

Start with your arms at your side while holding the ends of the elastic band. Then, bend your elbows as you raise your hands and pull up the band. Lower back down and repeat.

Video # VVKD9D5G2

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 3 Times a Week



### GERIATRIC - ELASTIC BAND CHEST PRESS - ALTERNATING PUNCHES

While seated in a chair, wrap a long elastic band around your back and hold both ends.  
\*If you do not have an elastic band, use a water bottle or can of food for weight.

Start with your elbows bent and then extend one arm out in front of your body to straighten your elbow. Return to starting position and then repeat with your other arm. Repeat this as you alternate sides.

Video # VVYNJQNP7

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 3 Times a Week



**GERIATRIC - KNEE EXTENSION - LONG ARC QUAD (LAQ)**

While seated with your knee in a bent position and your heel touching the ground, slowly straighten your knee as you raise your foot upwards as shown. Lower your foot back down until your heel touches the ground and then repeat.

Video # VVWS3F5M6

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 3 Times a Week



**GERIATRIC - SEATED MARCHING**

While sitting in a chair, lift your foot off the ground as you flex your hip and lift your leg. Lower back down and repeat on the opposite leg. Repeat this alternating movement.

Video # VVJE24VHL

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 3 Times a Week



**GERIATRIC - HIP EXTENSION - STANDING**

While standing, stand on one leg and move your other leg in a backward direction. Do not swing the leg. Perform smooth and controlled movements.

Keep your trunk stable and without arching during the movement.

Use your arms for support if needed for balance and safety.

Video # VV7QYJKBQ

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 3 Times a Week



### GERIATRIC - HIP ABDUCTION - STANDING

While standing next to a chair or counter top for support, raise your leg out to the side. Keep your knee straight and maintain your toes pointed forward as best as you can. Then, lower your leg back down and repeat.

Use your arms for balance support if needed for balance and safety.

Video # VVVYZUDJN

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 3 Times a Week



### GERIATRIC - SIT TO STAND

Sit near the front edge of a chair.

Next, reach forward with your arms and lean forward at your waist as you press down with your legs and rise up to a standing position. As you rise to standing, lower your arms by your side. Stand tall.

Then, return to sitting on the chair by leaning forward as you raise up your arms. Repeat.

**NOTE:** If you are unable to stand, try pushing on your thighs with your arms or use a chair that has arm rests to press down on or hold a bathroom or kitchen sink to assist in pulling yourself up.

Video # VVQ6ZBXD

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 3 Times a Week