

Chair Yoga Plan for Weight Loss for Seniors	Description
1. Mobility Warm-Up	
Neck Circles	Gently roll your neck in circular motions, 5 times each side.
Seated Shoulder Rolls	Roll shoulders forward and backward, 10 times each.
Ankle Rotations	Rotate each ankle in circles, 10 times in both directions.
2. CNS Prep	
Seated Cat-Cow	Inhale to arch your back (Cow), exhale to round it (Cat). Repeat for 1-2 minutes.
3. Block A (Sub Max Exertion)	
Seated Leg Lifts	Lift one leg at a time, keeping the knee straight. 2 sets of 10 reps per leg.
Seated Marches	March in place while seated, raising each knee as high as possible. 2 sets of 15-20 reps.
4. Block B (Max Exertion)	
Seated Chair Pose	Extend arms forward, tighten core, and hold a squat position while seated. Hold for 20-30 seconds, 3 times.
Seated Side Bends	Reach one arm overhead and bend to the side. 3 sets of 10 reps each side.
5. Decompression	
Seated Forward Bend	Slowly lean forward, reaching for your toes. Hold for 1-2 minutes.
Deep Breathing	Sit upright, close your eyes, and take deep, calming breaths for 2 minutes.