

Chair Yoga for Core Strength

5 Easy Seated Poses to Build Stability

Designed for Seniors | Beginner-Friendly | Free Printable

Benefits of Chair Yoga for Core Strength:

- Improves posture and balance
 - Reduces risk of falls
 - Builds abdominal and back muscles
 - Supports mobility and independence
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Getting Started:


- Use a sturdy chair without wheels
 - Sit up tall with feet flat on the floor
 - Breathe deeply and move mindfully
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1. Seated Knee Lift

Targets: Lower abs

How to do:


- Sit tall with hands on the sides of the chair.

- Lift your right knee towards your chest, hold for 3 seconds.
 - Lower and repeat with left leg.
 -  Do 10 reps per leg.
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2. Seated Bicycle Crunch

Targets: Obliques and abs


How to do:

- Sit on the edge of the chair.
 - Place hands behind head, elbows wide.
 - Lift your right knee and twist your left elbow toward it.
 - Alternate sides like a bicycle motion.
 -  Do 10 reps each side.
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3. Boat Pose on Chair

Targets: Entire core


How to do:

- Lean back slightly while holding the sides of the chair.
- Lift both feet a few inches off the ground.
- Engage your core, hold for 5–10 seconds.
-  Repeat 5 times.

4. Seated Torso Twist

Targets: Obliques and spine


How to do:

- Sit tall with feet flat.
- Hold the sides of the chair or a yoga block.
- Twist your upper body to the right, hold for 5 seconds.
- Return to center and twist left.
-  Repeat 5 times per side.

5. Seated Side Bends

Targets: Side body

How to do:

- Sit tall with arms at your sides.
- Raise right arm overhead and lean to the left.
- Feel a stretch through your side.
- Come back to center and switch sides.
-  Do 5 reps each side.

 **Pro Tips:**

- Always engage your abdominal muscles during each pose.
 - Keep your breath steady—inhale to prepare, exhale to move.
 - If any pose feels uncomfortable, skip or modify it.
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Practice Routine:

- Perform these 5 exercises 3–4 times per week.
 - Combine with walking or light stretching for best results.
 - Stay consistent and track your progress.
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