PBGGAME · ORIGINAL PRINTABLE CHART

Seated and Supported Home Exercises

Choose the position before adding resistance. Select a few suitable movements rather than treating this menu as a compulsory circuit. It is a general cue sheet, not a personal rehabilitation plan or an age-based prescription.

Check the chair and access first

- Use a firm, stable chair without wheels on a secure, level surface. Keep feet supported and leave a clear route to sit down and stand up.
- Allow comfortable movement without the chair sliding or tipping. Keep any transfer assistance you need; do not remove useful support to copy a picture.
- Inspect elastic and use only its permitted grip, contact and stretch. The chair supports you; it is not a band anchor.

Task	Simple starting choice	Keep in mind
Lift the thigh	Alternate small seated marches	Keep the trunk quiet and lower each foot with control.
Move the knee	Straighten one knee comfortably without a band	Keep the thigh supported; lower smoothly instead of kicking.
Move the ankle	Seated heel and toe raises	Keep the remaining foot contact secure; avoid rocking the whole body.
Open the thighs	Unresisted movement, or the documented compatible flat-band arrangement	Both feet stay planted; more width is not the goal.
Bend the elbow	Unresisted curl, or a permitted underfoot flat-band curl	Use a grip and return you can control without lifting a foot.

Keep the band arrangements distinct

Hip opening: the source example ties a flat band above the knees. Both feet stay planted while the thighs open a comfortable distance and return slowly. Use a tied arrangement only if the actual band permits it. A ready-made mini loop needs separately suitable fit.

Seated curl: the source band passes beneath the feet, with elbows beside the body and thumbs upward. Bend one forearm at a time, then lower slowly. Stop and unload if grip or foot contact changes.

> The menu's knee extension and heel/toe raises are unbanded choices. A band above the thighs does not provide calf loading or the booklet's separate two-ankle knee-extension setup. No seated band chest press is introduced here.

Begin with comfortable unresisted movement and normal breathing. A few slow repetitions may be enough to check a new setup. Choose the amount and rest by current control; there is no compulsory senior dose.

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25 October 2026 · Read the full PBGGAME seated and supported exercise guide
Supported standing choices, recording and source links follow on page 2.

PBGGAME · SESSION RECORD

Choose support, then record the practice

Optional supported choice	Distinct setup and reminder
Sit-to-stand	Only when transitions suit you. Use a stable seat, rise and sit down slowly, retaining assistance you need.
Standing heel raise	Use reliable hand support and stable footing; lift and lower heels smoothly. This differs from seated ankle movement.
Wall press-up	Use a suitable solid wall. Bend and straighten the arms under control. Do not force range or replace the wall with movable furniture.

These are optional alternatives, not compulsory progressions from sitting. Removing support is not required. The NHS movement called “Leg extension” moves a straight leg backward at the hip; it is not the seated knee extension in the menu.

Your session

Date: _____ **Chair / support:** _____

Movement / version	Band, grip, contact, support and range	Work completed / control

What felt steady / needed changing: _____

Ordinary activity afterward / next-session choice: _____

Use the record to adjust

Repeat a comfortable version before changing one thing, such as repetitions or a suitable resistance. Keep support when needed. After illness, travel or another break, restart below the previous workload and build gradually. Stop for pain, dizziness or unexpected loss of control.

CDC guidance for adults 65+ includes aerobic activity, strengthening on at least two days a week, and balance work. This selected menu does not supply that whole mix or standing balance practice. Individual abilities and conditions guide what fits; seek appropriate personal guidance when these affect the setup.

References and full guide

- Finding Balance Alberta: seated band booklet
- NHS: sitting exercises
- NHS: supported strength exercises
- CDC: older-adult activity overview
- CDC: adapting and restarting activity

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pbggames.com/blogs/training/seated-resistance-band-exercises-chair-routine
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