Pilates for seniors

A gentle 10-move routine: sit, stand, then mat

8–12 reps each · breathe, don't hold it · mat stage optional

SIT sturdy chair · STAND hold a counter or chair · MAT optional floor work · osteoporosis: flat back



1 SIT

Breathing and centering

8–12 breaths



2 SIT

Seated march

10 / side



3 STAND

Heel raises

8–12



4 STAND

Knee bends

8–12



5 STAND

Single leg bends

8–12 / side



6 MAT

Leg slides

8–12 / side



7 MAT

Table top heel taps

8–12 / side



8 MAT

Bridge

8–12



9 MAT

Clam

8–12 / side



10 MAT

Side-lying leg lift

8–12 / side

Check with your doctor first · stop if anything hurts

Osteoporosis: keep the bridge flat-backed and skip forward bends like roll downs (BHOF); ask a PT.

Can't get down to the floor safely? Do stages 1 and 2 only.

Start with one round, 2–3 days a week (our suggestion).

Moves: Leicestershire Partnership NHS Trust physio Pilates leaflet (1, 3–10); Cleveland Clinic, Tobi Jevnikar, PT (2). Osteoporosis note: BHOF.