

BED EXERCISE GUIDE

for seniors

Easy Bed Exercises & Stretches PRACTICE GUIDE



Slide your feet up on your floor, and alternately bring your knees to your chest, holding it for stretch, and then back.



Stretch the knee your ankle with feet flat on floor on floor. Push through your toes to lift your hips towards the ceiling when moving away from resistance.



Slide your feet. Bend knees to stretch your knees away from floor. Inhale, exhale, exhale, exhale. Bend the knees away from your feet in order to stretch, and exhale when in stretch.



Lie flat on your back with arms at your sides. Bend your knees. Lift the right and then left foot towards the ceiling and stretch your hands towards floor for a few seconds. Repeat on the other side. Repeat on stretch.



Stretch the hip by lying on your back, knees in knees, arms at your sides. Lift the right and then left foot towards the ceiling and stretch your hands towards floor for a few seconds. Repeat on the other side. Repeat on stretch.

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Lie on your back with your legs straight and the arms raised up. Bring the feet back across your body, using your hands to guide. To keep your shoulders flat, exhale and lift legs to stretch. Hold for a few seconds, then repeat on the other side.



Lie on your back. Bend your knees, bringing your feet towards your chest. Bend the knees towards the ceiling. Repeat on the other side.



Lie flat on your back with your arms extended to the side at shoulder height. Stretch your arms towards the ceiling and then back down towards your feet.



Lie flat on your back with your arms extended to the side at shoulder height. Stretch your arms towards the ceiling and then back down towards your feet.



Lie flat on your back with your arms extended to the side at shoulder height. Stretch your arms towards the ceiling and then back down towards your feet.

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Lie on your stomach with your feet flat and feet towards the floor. Stretch your feet towards the ceiling. Repeat on the other side.



Lie on your stomach with your feet flat and feet towards the floor. Stretch your feet towards the ceiling. Repeat on the other side.



Lie on your back with your feet flat and feet towards the floor. Stretch your feet towards the ceiling. Repeat on the other side.



Lie on your side with your feet flat and feet towards the floor. Stretch your feet towards the ceiling. Repeat on the other side.



Lie on your back with your feet flat and feet towards the floor. Stretch your feet towards the ceiling. Repeat on the other side.

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