

## Gymnastics with small equipment



### Objective:

The goal of this equipment-based gymnastics for seniors is to promote health, mobility, and balance while creating a fun and social activity.

### Exercise:

#### 1. Warm-up (approx. 5 minutes)

- Sit straight on the chair with your back clear of the backrest, so that your feet reach the floor.
- Do each movement five times, both sides.
- Spin your shoulders forward and backward.
- Lift your shoulders up (as high as you can) and relax.
- Roll your arms forward and backward.
- Lift your toes as high as you can (heel on the ground) and relax. Take turns lifting your toes and heels off the floor.
- Roll your feet forward and backward.
- March in a seated position, lifting your knees in turn.
- Include your arms in the movement and lift the opposite arm and leg.

#### 2. Balance Exercises (approx. 10 minutes)

- Ask participants to stand up from the chair and use the backrest as support, if necessary.
- Use a tennis ball or other soft ball for the balance exercise, one all per participant.
- Ask the elderly to put the right foot on the tennis ball.
  - Roll the ball back and forth along the bottom of the foot, from the heel to the toes and back to the heel, five times.
  - roll the ball from side to side under the front of the foot' (the area immediately after the toes), five times.
- Repeat the same exercise with the left foot

#### 3. Strength Exercises with Elastic Bands (approx. 10 minutes)

### Legs:

- Sit on the chair so that your feet reach the floor. Do each movement five times, both sides.
- Put the Elastic band under the feet and around the knees, march with your legs, taking turns.

- Put the Elastic band around the ankles and bring the right leg to the side by pulling the band apart towards the right. Then bring the left leg to the side by pulling the band apart towards the left.

#### Arms:

- Sit on the chair so that your feet reach the floor. Do each movement five times, both sides.
- Put the Elastic band under your feet, grab the ends of the Elastic band with your hands.
- Elastic band rowing: Lift your hands upwards at chin level, always with your knuckles down. The elbows point to the side at the end of the movement. Slowly bring the hands back to the starting position, braking.
- Shoulder - moving outwards and inwards: move your hand to the side and then back to your body.
- Shoulder - bending and extending: Move your hand backwards and forwards. The elbow can be bent while performing the exercise.
- Biceps muscle: Bend your elbow upwards and then stretch it back down. Bend your arms in turn. Slowly return to the starting position while counting to three.

#### 4. Cool Down and Stretching (approx. 5 minutes)

- The Cool down movements are the same as in the warm-up, repeat them.
- Finish with diaphragm breathing:
  - Place your hands on your diaphragm, slightly below your chest, and feel your breath.
  - As you breathe with your diaphragm, your stomach should move under your hands.

#### Materials Needed:

- Chair with a straight back and no armrests
- Elastic bands or resistance bands
- Tennis balls or soft balls

**Time: Long**



**Activity: Activating**



**Fellowship: Together or Alone**



This gymnastics session can take between 30-45 minutes depending on the participants' level and needs.

The gymnastics session can be performed individually or in a group.

Source: The activity is created with inspiration from models and ideas from national material banks ([Balance and strength training for older people Guide for peer instructors](#)) and ChatGPT's proposal