



FIT IN FAITH

Six-Week Exercise Guide

A gentle, progressive workout for every ability

Every exercise offers three versions so no one is left out. Choose the column that fits each person, and encourage everyone to move at their own pace.

Chair: seated throughout. **Adapted:** standing with support. **Full:** standing, no support.

Timing: 40 seconds of work, 20 seconds of rest, for each exercise. Repeat the circuit as time allows.

Safety first: Everyone should move at their own pace and stop if anything hurts. Remind participants to check with a doctor before starting new exercise if they have health concerns.

Week 1

Week 1	Chair	Adapted	Full
March in Place	Sit tall. Lift one foot slightly and lower with control. Alternate.	Stand holding support. March with low knees.	Tall posture, relaxed shoulders. March in place.
Wall Push	Seated, hands on wall. Bend elbows slightly, press away.	Standing close to wall. Bend elbows, press away.	Step feet back for a deeper push.
Sit to Stand	Lean forward, press feet down, lift hips part-way or fully, sit slowly.	Stand up from seated with the assistance of hands.	Stand up from seated with no hands (add a jump if able).
Side Step	Step foot out to the side and return.	With support, step foot out to the side (lunge) and return.	With no support, lunge to the side and return.
Arm Raise	Lift arms to shoulder height and lower.	Lift arms upward above head height.	Lift arms above head in a controlled circular motion.
Heel Raise	Lift heels, lower slowly.	Hold chair, small rise onto toes.	Rise onto toes with no support.

Week 2

Week 2	Chair	Adapted	Full
March with 1-Second Pause	Sit tall. Lift one foot slightly and lower with control. Alternate.	Stand holding support. March with low knees.	Tall posture. March on the spot with no support.
Airplanes	Rise tall. Raise straight arms to the side. Slowly lower.	Standing. Raise arms to shoulder height. Pulse for 5. Slowly lower.	Standing. Raise arms to shoulder height. Pulse for 10. Slowly lower.
Mini Squats	Sit then lift hips just an inch or two (small hover), return.	Stand holding chair, sit hips back a few inches, return.	Stand holding chair. Slightly deeper squat. Hold for 3.
Step-Back Tap	Tap one foot back under the chair line, return, switch.	One hand on chair, tap foot back lightly.	Tap back with more reach and opposite arm swing.
Alternating Overhead Reach	Reach up within comfort (diagonal is fine). Alternate arms.	Standing, reach within comfort. Alternate arms.	Full reach with a gentle side stretch. Alternate arms.
Weight Shifts	Shift weight in hips left/right like a pendulum, one foot lightly off the ground.	Hold chair, shift weight side to side. Slight knee bend. Alternate feet off floor 2–3 inches.	Shift weight side to side. Slight knee bend. Alternate feet off floor 2–3 inches.

Week 3

Week 3	Chair	Adapted	Full
March with Opposite Arms	Seated march with alternating arm swing.	One hand can hold support, other arm swings.	Both arms swing freely.
Wall Push with 2-Second Hold	Small bend + 2s hold. Repeat.	Close to wall, shallow push + hold 2s. Repeat.	Further from wall, deeper + hold 2s. Repeat.
Sit-to-Stand with Forward Reach	Partial stand from sitting.	Stand using hands lightly and reach out with both hands. Sit and repeat.	Reach arms out while standing from sitting. Sit and repeat.
Side Step + Double Tap	Step out with each + tap-tap with toes.	Holding chair, step out with each leg + tap-tap with toes.	Holding chair, side lunge with each leg + tap-tap.
Elbow Pull-Down	Sitting, arms to comfortable height, pull elbow into ribs, squeeze hands.	Arms to comfortable height, pull down, squeeze hands.	Full range pull-down. Squeeze hands as you pull.
Assisted Single-Leg Balance	Toe taps forward/side (no lift), then switch feet.	Hold chair, lift heel or toe slightly for 5s, then switch.	Lift foot a few inches, hold 5–10s, switch.

Week 4

Week 4	Chair	Adapted	Full
Step Touch (In/Out)	Seated, tap toes out and in to a rhythm.	Holding support, step one foot out and touch, return, alternate.	Step out and touch with a light bounce, alternate sides.
Incline Push (Counter or Wall)	Seated hands on wall, bend and press with control.	Hands on counter, bend elbows and press away.	Lower surface for a deeper press. Keep core tight.
Chair Squat Hold	Hover hips just above the seat for 2–3 seconds.	Lower toward the seat, hold 3s, stand.	Hold a squat for 5s before standing.
Front Kicks (Controlled)	Seated, extend one leg forward and lower slowly.	Holding support, extend leg forward gently, alternate.	Standing tall, controlled front kick, alternate.
Bicep Curls (Water Bottles)	Seated, curl light bottles toward shoulders.	Standing, curl with control, alternate arms.	Standing, slow curl with a pause at the top.
Standing Balance Reach	Seated, reach forward and return tall.	Holding chair, reach one arm forward, return.	Reach forward with a slight hip hinge, return tall.

Week 5

Week 5	Chair	Adapted	Full
Marching with High Knees	Seated, lift knees a little higher with control.	Holding support, march with lifted knees.	March with high knees and full arm swing.
Push-Up Progression	Seated wall press, 2s hold.	Counter push-ups, controlled tempo.	Wall or low-surface push-ups, full range.
Sit-to-Stand Repeats	Partial stands, steady rhythm.	Full stands using light hand support.	Continuous sit-to-stands, no hands.
Lateral Lunges	Seated side taps with reach.	Holding chair, gentle side lunge, alternate.	Side lunge with control, alternate sides.
Shoulder Press (Bottles)	Seated press upward within comfort.	Standing press, controlled, alternate.	Standing press with a pause overhead.
Single-Leg Balance Hold	Toe tap holds, switch feet.	Micro-lift and hold 5–8s, switch.	Lift and hold 10–15s, switch.

Week 6

Week 6	Chair	Adapted	Full
Celebration March	Seated march with big arm swings to music.	Standing march, add a clap on the beat.	March with knees high and a joyful clap.
Strength Circuit: Push	Seated wall press.	Counter push-ups.	Full wall push-ups.
Strength Circuit: Squat	Chair hover holds.	Assisted squats.	Full squats, controlled.
Strength Circuit: Pull	Seated elbow pull-downs.	Standing pull-downs, squeeze.	Full-range pull-downs.
Balance Challenge	Toe taps and holds.	Micro single-leg holds.	Single-leg holds 10–15s each side.
Victory Stretch & Reflect	Seated gentle full-body stretch.	Standing reach and side stretch.	Full standing stretch with deep breaths.

Finding Exercise Demonstrations

If a leader or participant wants to see an exercise performed, short video demonstrations are widely available online at no cost. Search any of these terms on YouTube:

- seated chair exercises for seniors
- low impact standing workout no equipment
- chair squats proper form for beginners
- gentle balance exercises for older adults
- standing strength exercises with water bottles
- chair cardio workout for seniors

Always preview a video before showing it to your group to be sure it matches the ability level of your participants.