



## CHAIR EXERCISES

### Guidelines for a Great Chair Workout

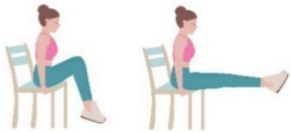
- Use a chair that does not have arms or wheels.
- During seated exercises, sit on the edge of the chair with both feet on the floor. Chair height should allow your feet to be firmly planted. Keep ankles, knees, and hips aligned as you perform each movement.
- During standing exercises, maintain good posture, keeping shoulders aligned with your hips, and your spine neutral. Stack your shoulders over your hips and brace your abdominals to help support your body.
- Sit - or stand - tall with your shoulders relaxed, not hunched up toward your ears.
- Breathe in during the lowering phase of the exercise and start your exhale about halfway through the lifting phase, exhaling completely at the top of the movement.
- If you feel pain or discomfort in your back, take short posture breaks then return to the work out.
- For greater intensity, increase range of motion. For less intensity, shorten the range of motion; do not move as deeply into each repetition.
- Count two seconds up and two seconds down when executing each movement. When unsure about your pace, err on the side of going slower.
- Check with your doctor before starting any exercise routine.

### Lower-Body Chair Workout

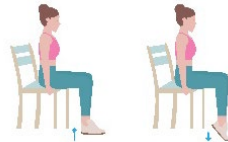
- Start off with a five-minute warm-up. Walk, march in place; do anything that increases blood flow to the lower body.
- Do the exercises in the order they are presented. This is one circuit. Begin with one round and work your way up to three rounds as you gain strength and ability.
- Take minimal rest between sets. At the end of each round, take a two-minute break before starting the next one.
- Add ankle weights and dumbbells to the workout where indicated, if you would like.
- Stretch the muscles of the lower body when you are done.

Exercises	Rounds	Reps
Warm-up		5 minutes
Leg extension	1 - 3	15 - 20
Seated heel raise	1 - 3	15 - 20
Chair squat	1 - 3	15 - 20
Hip abduction	1 - 3	15 - 20
Lunge	1 - 3	15 - 20
Standing single leg and hip extension	1 - 3	15 - 20
Chair bridge	1 - 3	15 - 20
Squat to knee lift	1 - 3	15 - 20

**Leg extensions:**



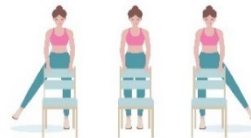
**Seated heel raises:**



**Chair squat:**



**Hip abduction:**



**Lunges:**



**Standing single leg and hip extension:**



**Chair bridge:**



**Squat with knee lift:**



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