

CHAIR MOVES

An Exercise Program for all Abilities

Brought to you by MVP Community Health Educators



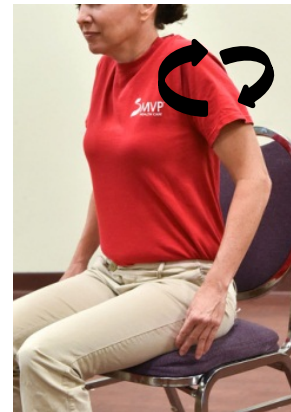


Proper Seated Posture

Warm-up



Marching in place
1-2 minutes



Shoulder rolls
Forward and backward
5-10 each direction



Wrist Circles
5-10 each direction

Warm-up continued



Alternating overhead reach
5-10 times each side.



Torso rotation
Reach to right hold 5 sec
Switch to left, repeat.



Heel raise
Raise heels 5-10 times,
repeat.



Toe raise
Lift toes 5-10 times,
repeat.

Core

Perform 1 set of 5-10 repetitions any exercise(s) you choose. It's ok to start easy and work your way up! When using a dynaband, remember to keep your wrist straight.



Pelvic tilt starting position:
Start by sitting with the curve
noticeable in your lower back.



Pelvic tilt ending position:
Roll or tilt hips forward to flatten
the curve in your lower back.



Back extension starting position:
Slowly straighten into
seated position.



Back extension ending position.

Upper body

Perform 1-2 sets of 5-10 repetitions any exercise(s) you choose. It's ok to start easy and work your way up!



Chest press starting position:
Place band behind your back, grasp both ends while keeping your elbows up.

Chest press ending position: Press out until elbows are just slightly bent.



Pull down starting position:
Grasp band at both sides and raise it so it is slightly angled, in front of head.

Pull down ending position:
Pull band down towards the top of chest, driving the elbows down and in (W shape).

Seated lower body

Perform 1-2 sets of 5-10 repetitions any exercise(s) you choose. It's ok to start easy and work your way up!



Leg extension starting position:
You may want to place a rolled towel under your thigh, to allow for more movement.



Leg extension ending position:
Extend leg, slowly until the knee is straight.



Hip rotation. Lift and rotate your leg to the outer side of the chair and back again. Repeat on opposite side.

Standing lower body options

Use these exercises to help build strength and balance in the lower body. Start with 1 or 2 repetitions and work your way up!



Sit to stand starting position:
Sit in the middle of chair, feet flat on ground



Middle position:
Rise up from chair, pressing feet into the floor and keeping your knees over your toes.



Ending position:
Stand straight up with shoulders back. Gently lower yourself back into the chair (be mindful on not to allow the knees to collapse toward one another) and repeat.



Standing 1 leg balance: **Perform next to your chair for safety.** Balance on 1 leg for 10-15 seconds Repeat. Work your way up to 30 seconds.



Stretches

Choose a few upper and lower body stretches. Hold for 30 seconds, repeat.



Shoulder rolls



Upper back



Hamstring



Lower back



Shoulder stretch