

# Seated Exercises

## **Seated Jumping Jacks**

A seated jumping is a way of increasing your heartrate, without putting stress on your joints. A seated jumping jack involves the same movement as a regular jumping jack, only you are seated. Sit at the front edge of the seat, and extend your arms and legs in jumping jack position. Bring your arms and legs back and repeat 10 times.

## **Seated Elbow Curls**

Seated elbow curls will open your chest and shoulder muscles. While sitting, raise your arm at your sides and bring your hands to your temples. Then, bring your elbows together and back out. Be sure to stretch as far as you can. Repeat this 10 times.

## **Arm Circles**

Arm circles will strengthen both your arms and shoulders. Sit that the edge of your seat, and raise both arms up straight to your sides. Begin by holding your arms with your palms facing down. Do 10 forward arm circles. Then rotate your arms so your palms are facing up, and do 10 backward arm circles. You can also add some light weights to this exercise with water bottles, cans of food, or a free weight at home.

## **Back Stretch**

A back stretch will allow you to stretch your back muscles. You will need to sit toward the edge of your chair. Then bend at the hips, taking your chest to your knees. It is important to keep your back and neck straight. Once your chest is close to your knees, relax your neck, and reach your hands down to grab your shins. Hold this stretch for 10 to 30 seconds, and then rise back slowly.

## **Seated Leg Extensions**

Seated leg extensions will strengthen your thighs. Begin by sitting with your back against the back of the chair. Extend one leg out straight. Flex your foot so that your toes are facing upward. Hold the position for three seconds, then lower the leg. Repeat 10 times, and then switch legs.

## **Front Arm Raises**

This exercise will help strengthen your arms and shoulders. To do a front arm raise, you will first sit on the edge of your seat. Hold your arms down straight at your sides with your palms facing back. Raise your arms up at the shoulder, keeping your palms facing down. Lower your arms back to your side and repeat 10 times. You can also add some light weights to this exercise with water bottles, cans of food, or a free weight at home.

# Standing Exercises

## **Standing on One Foot**

Practicing standing on one foot will allow you to better your balance. To do this, hold on to the back of a chair, and lift one foot while balancing on the other foot. Hold this position for 10 seconds, then repeat with the other foot.

## **Knee Curl**

Knee curls will strengthen your legs and knees. To do the knee curl exercise, hold on to the back of your chair and bend one leg back at the knee, bringing your foot towards your buttocks. Repeat this movement 10 times for each leg. For a deeper stretch, grab your ankle and bring your foot as close to your buttocks as you can.

## **Side Leg Raises**

One way to strengthen your hips, thighs, and buttocks is through side leg raises. Stand behind the chair and hold onto the back of the chair. Raise one leg to the side with your toes facing forward. Lower your leg back down slowly. Try not to lean to one side, and be sure to keep your upper body straight. Repeat this 10 times for each leg.

## **Wall Push-Ups**

Doing wall push-ups will help to strengthen your arms, shoulders, and chest. Stand facing a wall a little farther from the wall than arm's length. Place your feet shoulder-width apart, then lean forward and put your palms on the wall. Next, bend your elbows and bring your body to the wall, then push your elbows back into the straight position. Repeat this 10 times.

## **Calf Stretch**

This exercise is a good way to stretch your calf muscles. To do a calf stretch, stand about arm's length from the wall. Face the wall and place your palms on the wall at shoulder height. Place your right foot backward. Keep the left knee bent, and both feet flat on the ground. Then, slightly bend your left knee until you begin to feel a stretch in your right calf. Hold this position for 10 seconds. Repeat with other leg.

## **Upper Body Stretch**

The upper body stretch will help with the flexibility in your arms, shoulders, and chest. To do the upper body stretch, begin by standing a little farther from the wall than arm's length. Then, lean onto the wall, placing your palms on the wall shoulder-width apart. Move one hand up the wall as though you are taking steps up with wall with your hands. Slowly walk your hands up the wall and then back down. Repeat this 10 times.