

Together Group

Chair Exercises

Cardio

Seated Jacks

Sit straight with your knees together.

Join your knees and keep your toes pointed.

Your elbows should be bent and your arms open to the sides.

Your palms should face forward.

Take both legs out to the sides and flex your feet.

Let your legs land on the heel and bring your arms together above your head, just like a normal jumping jack.

Now begin returning to the starting position.



Skater Switch

Move to the edge of your chair.

Bend your right knee out to the side and extend your left leg out to the other side.

Keep your toes pointed.

Begin extending your arms and leaning forward.

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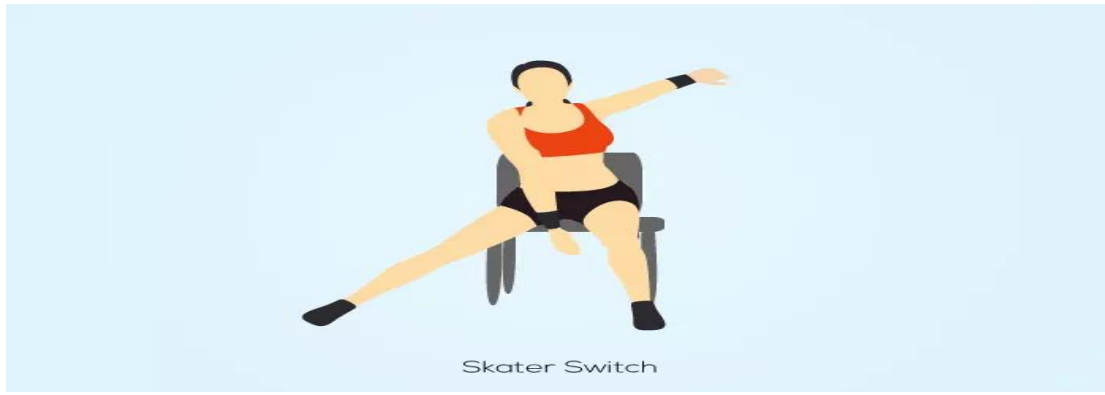
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Try and reach the inside of your right foot with your left arm.

Immediately, switch over and do the same with the right arm and the left foot.



Chair Run

Sit straight and extend your legs.

Keep your toes pointed and your arms bent at the sides.

Brace your abs tight and let your shoulder blades touch the back of the chair lightly.

Begin bending your right knee into your chest and turn your left shoulder towards your knee.

Pull your right elbow back and switch sides immediately.



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Shoulders:

Seated Shoulder Press:

Sit comfortably in the chair with the hips as far back as possible. Ensure that the back is firm to the backrest of the chair.

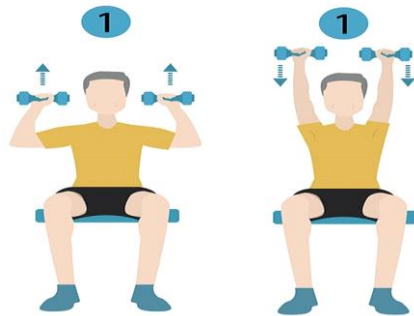
Keep the core tight.

Start with both elbows spread out from the body and in line with the shoulders. Stick the chest out.

Keep your body straight, palms forward.

Extend the arms up, reaching above the head until they're fully extended (or get to a range that feels most comfortable). Don't touch the hands together and keep both arms parallel to each other.

Once the arm's extension limit has been reached, slowly bring the hands down to the starting position.



Seated Front Shoulder Raises:

Sit comfortably in the chair with the hips as far back as possible. Ensure that the back is firm to the backrest of the chair.

Keep the core (abs and lumbar) tight. Stick the chest out.

Keep arms to the sides of the body, let them hang naturally with both palms facing toward the body.

Keeping the arms straight and the palms in their facing positions, lift the arms up

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in front of the body.

Stop the motion when the arms are parallel with the floor and the hands are in direct vision of the eyes.

Proceed to slowly return to starting position.



Chest

Seated Chest Press.

Steps:

Sit comfortably in the chair with the hips as far back as possible. Ensure that the back is firm to the backrest of the chair.

Keep the core (abs and lumbar) tight. Stick the chest out.

Keep both palms down, elbows bent and parallel to the shoulders. Both hands should be positioned just outside of shoulder width.

Push forward until the arms are fully extended in front of the body (don't touch hands together).

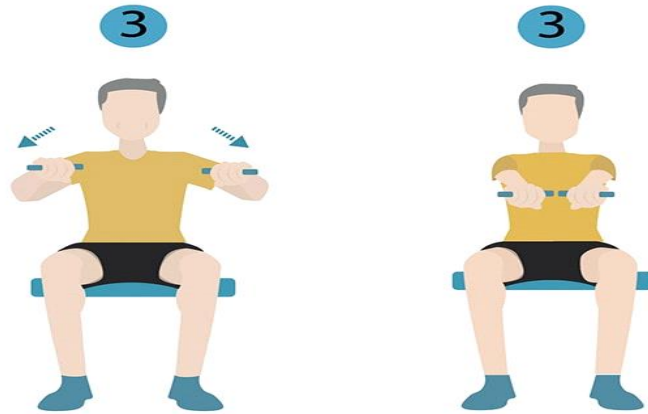
Slowly revert back to starting position.

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Modified Push-Ups (these can also be done against a wall)

Stand to face the chair straight with the body.

Place both hands on the sides of the chair's seat. Keeping both arms slightly bent at the elbows, shift both feet backward a couple of feet until the body is in a diagonal position in front of the chair. Make sure that the buttocks isn't high in the air, nor that the back is arched. The body should be in a straight line from shoulder to heel. If a senior is feeling resistance (tension) in their core, then they're in the correct position. The elbows should be close to the sides of the body.

Slowly bend the elbows, moving the body closer to the chair.

Once the chin has almost touched the chair (or as close to the chair as possible), push back to starting position.

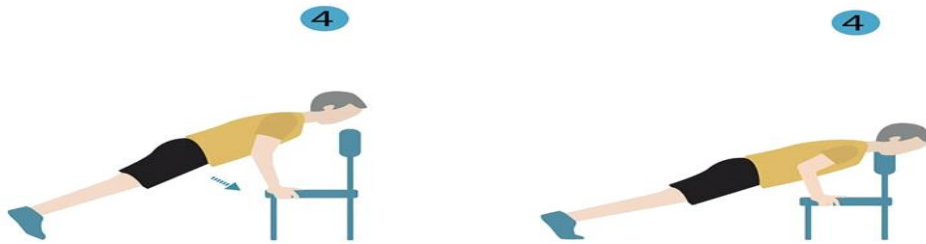
Note: Place the chair against a wall for more support.

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Biceps:

Seated Bicep Curls

Sit comfortably in the chair with the hips as far back as possible. Ensure that the back is firm to the backrest of the chair.

Keep the core (abs and lumbar) tight. Stick the chest out.

Keep both arms to the sides of the body, let them hang naturally with both palms facing forward, keeping the elbows tucked (at the sides of your body).

Proceed to move both forearms in a curling motion from the sides of the body to the front of the shoulders (the senior doesn't have to touch their hands to their shoulders for full range of motion).

While keeping tension, slowly lower both forearms back to the starting position.



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Core Exercises

Seated Knee-to-Chest:

Sit comfortably at the edge of the chair without feeling like falling over.

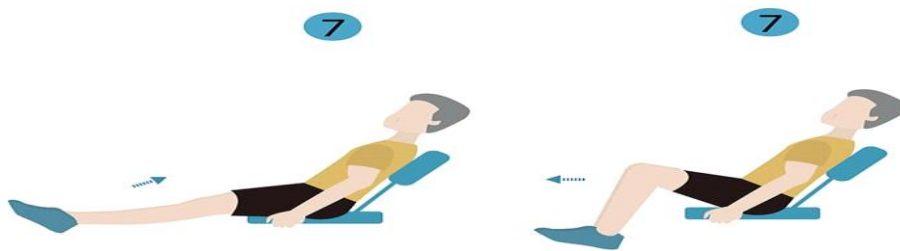
Keep the back straight and the core (abs and lumbar) tight. Stick the chest out.

Place both hands at the sides of the chair and grip the seat to keep stable.

Place both feet far out in front of the body and point the toes to the ceiling. Both feet should be diagonal to the hips.

Slowly, raise both legs closer to the body while bending the knees. Get to as close to the chest with both knees as possible.

Slowly, perform this motion in the exact opposite direction back to starting position. This equals one rep.



Extended Leg Raises

Sit comfortably at the edge of the chair without feeling like falling over.

Keep the back straight and the core tight. Stick the chest out.

Place both hands at the sides of the chair and grip the seat to keep stable.

Place both feet far out in front of the body and point the toes to the ceiling. Both feet should be diagonal to your hips.

Lift one leg up to the highest point possible (optimal range ending at the hips)

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without moving the center of the body. The other leg will stay in starting position.

Slowly lower the leg back to starting position then repeat with the opposite leg.

Kicking both legs equals one rep.



Leg Kicks

Sit comfortably at the edge of the chair without feeling like falling over.

Keep the back straight and the core tight.

Place both hands at the sides of the chair and grip the seat to keep stable.

Place both feet far out in front of the body and point the toes forward. Both feet should be diagonal to the hips. When shifting both feet in front, slowly lean the upper body backward to stabilize.

Lift one leg up to the highest point possible (hopefully ending parallel to the hips) without moving the center of the body.

Slowly lower the leg back to starting position then switch with the other leg. A great way to think of this movement is to pretend that the loved one is swimming, kicking their legs in the water.

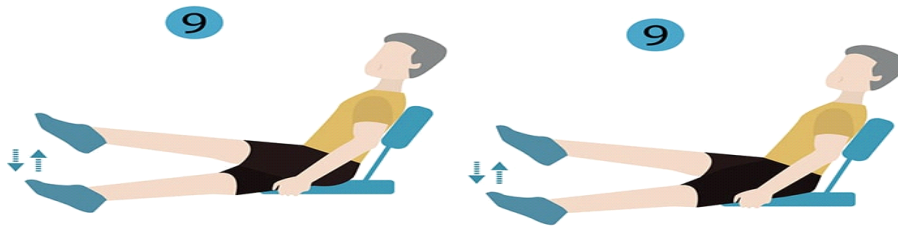
Each one kick per leg counts as one rep.

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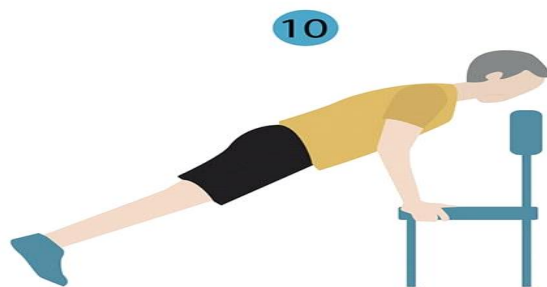
Modified Planks

Stand to face the chair straight with the body.

Place both hands on the sides of the chair's seat. Keeping both arms slightly bent at the elbows, shift both feet backward a couple of feet until the body is in a diagonal position in front of the chair. Make sure that the buttocks isn't high in the air, nor that the back is arched. The body should be in a straight line from shoulder to heel. If a senior is feeling resistance (tension) in their core, then they're in the correct position.

Keep in this position for 30 seconds (or however long is comfortable without pain) then stand up or sit down to take a slight break.

Repeat 2-3 times.



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Russian Twists

Sit comfortably in the chair toward the edge of the seat for extra room. Keep the core tight. Stick the chest out. Both hands should be in front of the body with elbows bent.

Lift your hands a couple inches off the lap then rotate the upper body to the right, keeping your arms in front of the body.

Rotate to the middle of the body then rotate to the left, finish by rotating back to the middle.

Each rep is one full rotation.



Legs

Sit-to-Stands (Chair Squat)

Sit comfortably in the chair toward the edge of the seat.

Keep the core tight. Stick the chest out.

Ensure the toes are pointed forward or slightly outward to both sides; keep both hands in front of the body in a comfortable position for balance.

Slowly, sit up from the chair until fully standing. Check the knee placement when moving from sitting to standing so they aren't bending inward; instead, they should be projecting outward from the middle of the body. This exercise requires

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using the hips, not the knees, to thrust the body to a standing position.

Sit back down, while checking for that knee placement, to starting position.

Modified Squats

Position the chair in front of the body, facing toward the back-end. Take a single step back from the chair.

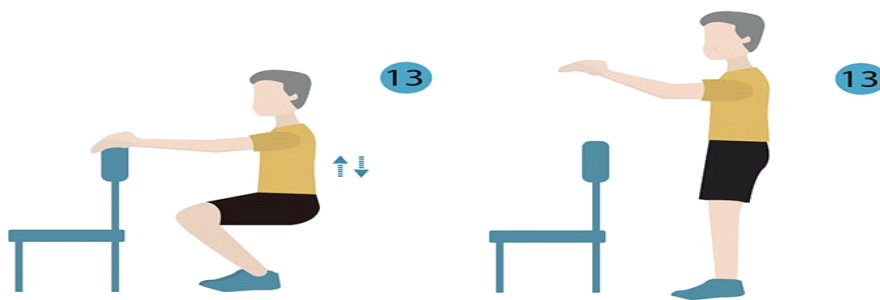
Center the body directly with the middle of the chair. Place both hands out in front of the body.

Position both feet at hip-width apart, directly under the body.

Point the toes forward or partially away from the center of the body.

Keeping the knees behind the toes (don't let them overlap the toes), bend both knees and loosen the hips, moving the buttocks toward the floor. Watch both knees so they don't fall inward toward the center of the body – force them away from your body.

Once at a stop in the squat position, push the body back to a standing position.



Knee Extensions

Sit comfortably in the chair with the hips as far back as possible. Ensure that the back is firm to the backrest of the chair.

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Keep the core tight. Stick the chest out.

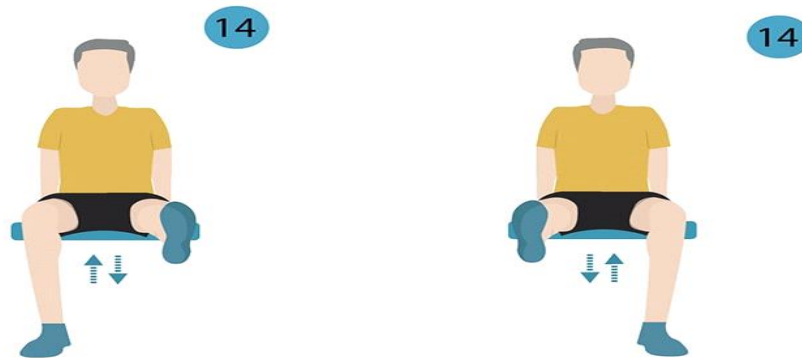
Place both hands at the sides of the chair and grip the seat to keep stable.

Keep both legs at a 90-degree angle with the chair.

Extend one leg in front of the body up in the air until full extension is made. Keep the other leg in its original position for stability.

Slowly draw the one leg back to starting position.

Repeat for both legs to count as one set.



Heel Slides

Sit comfortably in the chair toward the edge of the seat.

Keep the core tight. Stick the chest out.

Place both hands at the sides of the chair and grip the seat to keep stable.

Extend one leg far out in front of the body and point the toes forward. The extended leg's foot should be diagonal to the hips. If using a blanket or other item, place the foot on top. The other leg should be naturally bent, close to the body with the foot planted on the floor.

With the extended leg, keep the foot flat, push against the floor and drag the foot slowly toward the body until it reaches the flexed position of the other leg.

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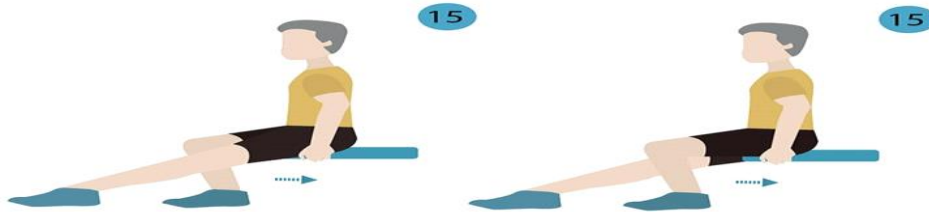
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While keeping pressure, extend the leg back to the starting position.

A single rep is when performing the full movement of pulling then pushing the foot back to the starting position.



Seated Calf Raises

Sit comfortably in the chair with the hips as far back as possible. Ensure that the back is firm to the backrest of the chair.

Keep the core tight. Stick the chest out.

Place both hands at the sides of the chair and grip the seat to keep stable.

Keep both legs at a 90-degree angle with the chair. Both feet should be flat on the floor.

Slowly, extend the heels of your feet upward, pushing the toes on the ground and lifting the heels in the air.

Place both feet back to the starting position.

Repeat this movement for 20 or more reps to create a “burning” feeling in the calves.

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Stretching

Neck Turns

Sit comfortably in the chair with the hips as far back as possible. Ensure that the back is firm to the backrest of the chair. Secure the core by keeping the back upright and the spine straight. Keep both feet flat on the floor.

Keeping in this position, rotate the head to either the left or right until feeling a gentle stretch. Keep in this position for 20-30 seconds.

After the time passes, rotate to the opposite direction.

Repeat in both directions 3-5 times or as comfortable.



Seated Backbend

Sit comfortably at the edge of the chair. Secure the core by keeping the back upright and the spine straight. Keep both feet flat on the floor. Keep the hips and lower body in this stable position.

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Place both hands on the hips.

Slowly arch the back inward, with the stomach pushing outward, then lean backward using only the upper body.

Extend the back in this pose until a comfortable stretch is obtained.

Keep in this position for 10-20 seconds, then release and return to the starting position.



Seated Overhead Stretch

Sit comfortably at the edge of the chair. Secure the core by keeping the back upright and the spine straight. Keep both feet flat on the floor. Keep the hips and lower body in this stable position.

Place both hands on the hips.

Slowly, raise both hands from the hips over the head, interlocking both hands at the top.

Gently arch the back inward, pushing the stomach out – causing a stretching in the abdomen.

Hold this position for 10-20 seconds then release to starting position.

Repeat 3-5 times or as comfortable.

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Seated Side Stretch

Sit comfortably at the edge of the chair. Secure the core by keeping the back upright and the spine straight. Keep both feet flat on the floor. Keep the hips and lower body in this stable position.

With the right hand, grip the right side of the seat to stabilize.

Extend the left hand above the head making a similar shape to that of a spoon or a lengthened “C”.

Simultaneously, slowly shift the upper torso to the right side without collapsing the abdomen (keep it tight).

Hold the position for 10-20 seconds then shift sides.

Repeat 3-5 times, or as comfortable, per side.

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Seated Hip Stretch

Sit comfortably in the chair. Secure the core by keeping the back upright and the spine straight. Keep both feet flat on the floor.

Cross one leg on top of the other creating a triangle between the legs. Ensure that the crossed leg's ankle is past the other leg.

Slowly bend the upper body forward, keeping the spine straight and core tight. Stop when feeling resistance in either the glutes or hips.

Hold this position for 10-20 seconds then shift sides.

Repeat 3-5 times, or as comfortable, per leg.



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