



Chair Fitness Exercises

A sturdy kitchen chair is a good option. The ideal chair will have a straight back and be stable. No wheels, please.

1. **Shoulder Circles:** Seated, place your fingertips on your shoulders. Circle forward for 15 repetitions and then reverse the movement for 15 repetitions to warm up the shoulder muscles.



2. **Side Stretch:** Seated, place right hand on the side of your chair and reach your left hand up toward the ceiling. If you feel stable, reach over your head to the right slightly. Use caution so you don't lose your balance. Release. Repeat with the left hand. Alternate doing about 5 on each side.



3. **Seated Row:** Sit on the edge of your seat with your feet flat on the floor. Hold your arms in front of you, with your thumbs pointed toward the ceiling and your elbows slightly bent. Draw back your elbows, squeezing your shoulder blades together, until your upper arms are in line with your body. Extend your arms again, and repeat eight to ten times. This exercise strengthens your shoulders, chest, and upper back, while placing little stress on your joints.



4. **Toe Taps:** Sit up straight with your feet flat on the ground. Bend your toes toward the ceiling and back to the floor. To increase the difficulty of this exercise, sit on the edge of your seat with your legs straight. Keep



your heels on the ground as you bend your toes upward and then back down. This variation increases the range of motion in the ankle and helps strengthen the muscles you use to climb stairs. Perform eight to ten repetitions.

5. **Knee Lifts:** Sit up straight with your feet flat. Slowly lift your right knee toward your chest, and then lower your foot back to the floor. Repeat with your left leg. Perform ten repetitions per leg, for a total of twenty reps. For an added challenge, pause for a five-count at the top of the movement. This exercise strengthens your quadricep muscles. You use your quads in nearly everything you do so keeping these muscles strong will help you feel stronger overall.



6. **Knee to Chest:** Sit up straight with your left foot firmly on the ground. Grasp the back of your right knee, and slowly pull it toward your chest until you feel a stretch. Hold the position for thirty seconds, and then repeat with your left leg. Perform three reps per side. This exercise stretches your hamstrings and glutes—big muscles that need to be flexible in order to prevent injury.



7. **Seated Forward Bend:** Widen your legs, and place your feet flat on the floor. Slowly lean forward, dropping your torso toward your thighs. Relax your neck, and lower your hands toward your feet. When you feel a stretch, hold the position for thirty seconds, and then slowly return to the starting position. Repeat three times. This movement stretches your lower and upper back.

