

Avista



CHAIR BASED EXERCISES 2



Sunshine And Breath

Breath in raising arms.
Breath out lowering arms.
X 5 reps



Look up Look down

Look up, middle, and down
X 5 reps



Look to side

Look side, middle, and
other side
X 5 reps



Shoulder shrug

Squeeze shoulders up
Hold a moment then relax
X 5 reps



Open book

Start with hands together.
Open arms out and return
to start.
X 5 reps



Boxing

X 20 reps



Marching

X 20 reps



Kick

X 20 reps each leg



Up On Toes

Hold onto sturdy chair or
table
or counter top X 10 reps



Squat

Have a sturdy chair behind
you.
Squat as if to sit down,
sticking your buttocks out
behind you.
Just before sitting, stand up
again.
X 10 reps



Leg Behind You

Hold onto sturdy chair or table
or counter top X 10 reps



Leg Out to the Side

Hold onto sturdy chair or table
or counter top X 10 reps



Calf Stretch

Sit in a chair/sofa with a towel/belt around the forefoot.

Pull toward you bringing toes toward your face - knee straight.

Hold x 10 seconds
Repeat 3 x each foot.



Side of Leg/Hip

Hold onto sturdy chair or table
or counter top, cross right leg in front of left leg and raise the right arm over head, lean to side until you feel a stretch.

Hold 10 seconds
Repeat x 3 each leg



Hams stretch in chair

Sitting in a chair/sofa put one leg out straight. Lean forward until you feel stretch at back of leg.

Hold x 10 seconds
Repeat 3 x each foot.



Sunshine and Breath

As previous x 5 reps to end.

