

Avista

Chair Based Exercises 1



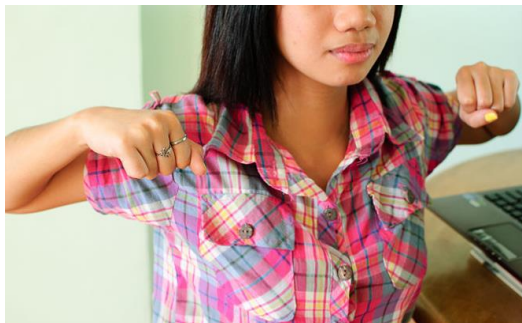
Sunshine And Breath

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



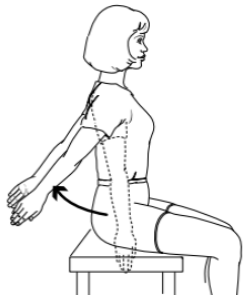
Shoulder shrug

Squeeze shoulders up
Hold a moment then relax
X 5 reps



Open book

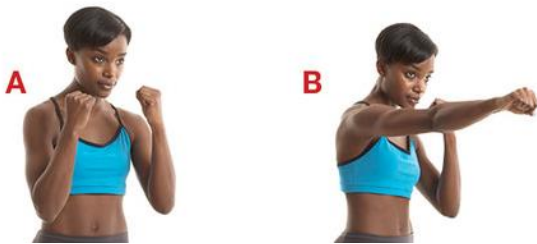
Start with hands together.
Open arms out and return to start.
X 5 reps



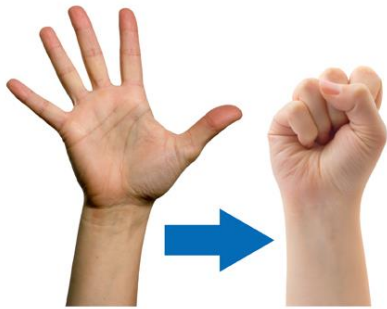
Arm Swing



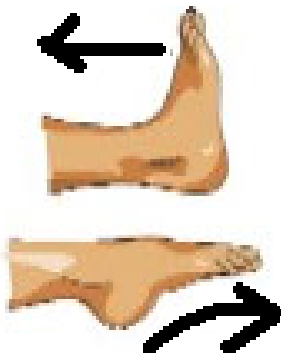
Biceps curl



Boxing



Handiwork



Toe tap

X 20 reps each foot



Marching

X 20 reps



Hams stretch in chair

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

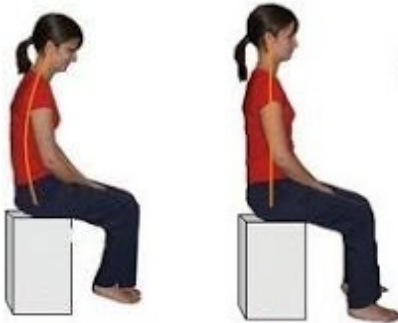
Hold x 10 seconds

Repeat 3 x each foot.



Kick

X 20 reps each leg



Slouch

And

Tall



Sunshine

and

Breath

Breath in raising arms.
Breath out lowering arms.

X 5 reps



