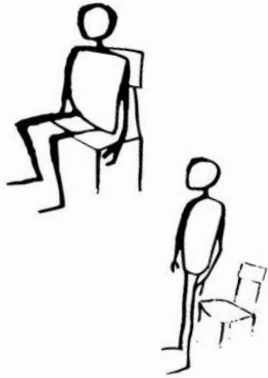


# SEATED EXERCISES

## SIT TO STAND



**10-15 TIMES – PROGRESS TO 3 SETS WITH  
1-2 MINUTE BREAKS BETWEEN SETS**

- SLOW AND CONTROLLED MOVEMENTS
- TRY WITHOUT USING YOUR HANDS

## SEATED BICYCLES (Opposite Elbow To Knee)



**10-15 TIMES EACH SIDE – PROGRESS TO 3 SETS  
WITH 1-2 MINUTE BREAKS BETWEEN SETS**

- SLOW AND CONTROLLED MOVEMENTS
- TRY TO PULL YOUR BELLY BUTTON INTO YOUR LOWER BACK
- USE THE MID BACK AND UPPER THIGH TO COMPLETE THE MOVEMENT

## SEATED LEG EXTENSIONS

**SEATED LEG EXTENSION WITH LATERAL SHOULDER RAISE  
AND SHOULDER RETRACTION - HOLD 30 SECONDS  
ALTERNATE SIDES AND REPEAT 3-5 TIMES EACH SIDE**



- THE CLOSER YOU SIT TO THE EDGE OF THE CHAIR  
THE MORE LEG WORK YOU WILL DO
- HOLD THE ARMS PARALLEL TO THE FLOOR  
WITH PALMS FACING FORWARD
- TRY TO PINCH A GRAPEFRUIT BETWEEN YOUR SHOULDER BLADES  
AND HOLD OR PULSE THE MOVEMENT

**PROGRESS TO HOLDING EACH SIDE 60 SECONDS 3-5 TIMES EACH**