

# Seated Exercises

Name

Date

Seated exercises are physical activities that can be performed while sitting down, making them ideal for individuals with limited mobility or for those seeking low-impact options. These exercises can range from simple leg lifts and arm raises to more complex routines involving resistance bands or weights.

- **Seated shoulder presses:** Sit on a sturdy chair with legs straight and feet flat on the floor. Engage your core muscles and keep your shoulder blades back. Start with arms forward at shoulder width, then push upwards until arms are straight. Lower slowly and repeat.
- **One leg raise:** While seated, extend the left leg straight, keeping toes pointed, and slowly raise it to strengthen the lower body. Alternate with the opposite leg to promote balance.
- **Leg extension:** From a seated position with knees bent, extend the left leg until it is straight and hold before lowering it back down. Repeat with the right leg to work on your quadriceps and core stability.
- **Arm lifts:** With your arms straight at your sides and palms facing forward, lift your left arm to shoulder height and hold, then lower slowly. This exercise helps strengthen the chest muscles and upper arms.
- **Seated marches:** Sitting with shoulders back, lift your left foot with the knee bent in a marching motion to start this chair exercise. Alternate with the right foot, resembling a seated march, to activate the core and enhance leg motion.
- **Opposite arm and leg lift:** Raise your left arm forward at shoulder height while extending your right leg out straight. Alternate with the opposite arm and leg to engage both the upper and lower body in a coordinated effort.
- **Toe taps:** While seated, start with both feet flat for this seated workout. Slowly bend the left foot to tap your toes while keeping the right foot still. Alternate tapping each foot to engage calf muscles and improve lower leg dexterity.
- **Chair leg tap:** Securely sitting on the edge of the chair, slowly bend forward to tap the chair legs, one at a time, with your hands. This action helps work the lower back and hamstrings while maintaining balance.
- **Arm circles:** Sit with your feet flat and core engaged for this chair workout. With arms straight out to your sides at shoulder level, slowly rotate your arms in small circles to work the shoulder blades and upper arms.
- **Knee raises:** Hold your left knee with both hands and gently raise it toward your chest, then release. Alternate with the right knee to help increase mobility in the hips and work the core muscles.
- **Leg extensions:** Sit with your back straight and core engaged, then slowly extend one leg out in front of you as far as possible. Hold for a few seconds before returning to the starting position. Alternate legs to help strengthen the thigh muscles and improve balance.
- **Shoulder shrugs:** Sitting comfortably with arms at your sides, slowly lift both shoulders towards your ears and hold for a few seconds before releasing. Repeat this motion to help release tension in the shoulders and neck.
- **Leg curls:** While seated, start with both feet flat on the ground for this chair workout. Slowly bend one knee towards your chest while keeping your foot flat on the floor. Alternate legs to engage hamstrings and increase flexibility.

**Additional notes**