

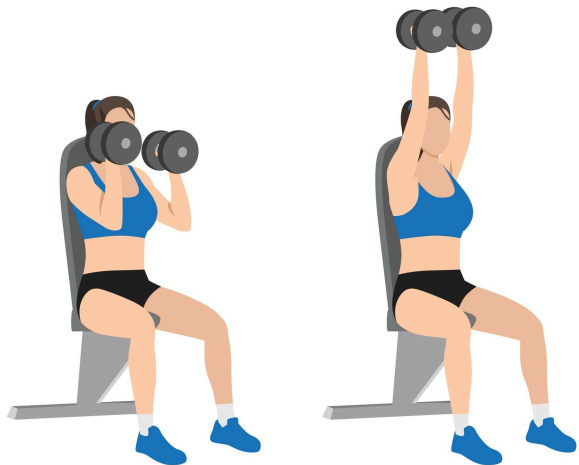
Seated Exercises

These seated exercises are designed to enhance flexibility, strength, and mobility while seated. They target key muscle groups to improve posture, core stability, and joint flexibility, making them perfect for individuals with limited mobility or those looking for low-impact routines.

Warm up

1. Sit tall with your feet flat on the ground.
2. Breathe deeply—inhale through your nose and exhale through your mouth. Repeat _____ times.
3. Lift one foot and rotate your ankle clockwise, then counterclockwise. Do the motion for _____ times. Repeat with the other ankle.
4. Extend your arms, make fists, and circle your wrists in both directions Repeat _____ times.
5. Shake out your hands.
6. Sit tall, hands on thighs. Inhale and arch your back, exhale and round it. Repeat _____ times.
7. Tap your toes up and down for 30 seconds to improve circulation.
8. Perform shoulder rolls forward and backward for _____ times.

Seated shoulder press



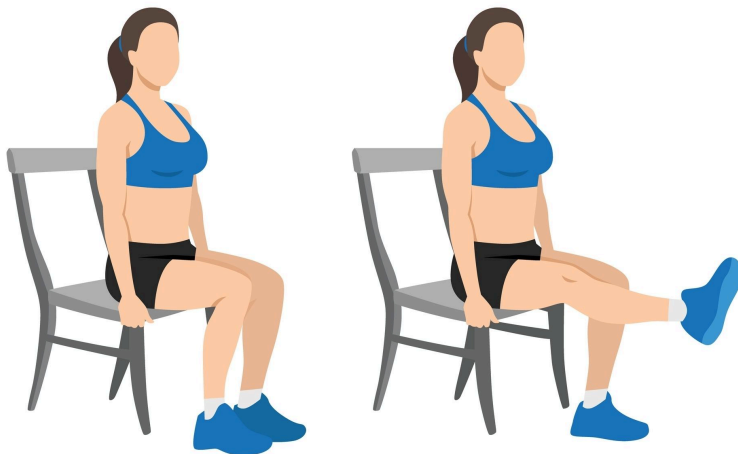
1. Sit on a sturdy chair with your back straight, legs straight, and feet flat on the floor.
2. Engage your core muscles and keep your shoulder blades back.
3. Hold your arms forward at shoulder width with elbows bent and palms facing each other.
4. Push your arms upward until they are fully extended above your head.
5. Slowly lower your arms back to the starting position.
6. Repeat for _____ repetitions.

Arm prayer stretch



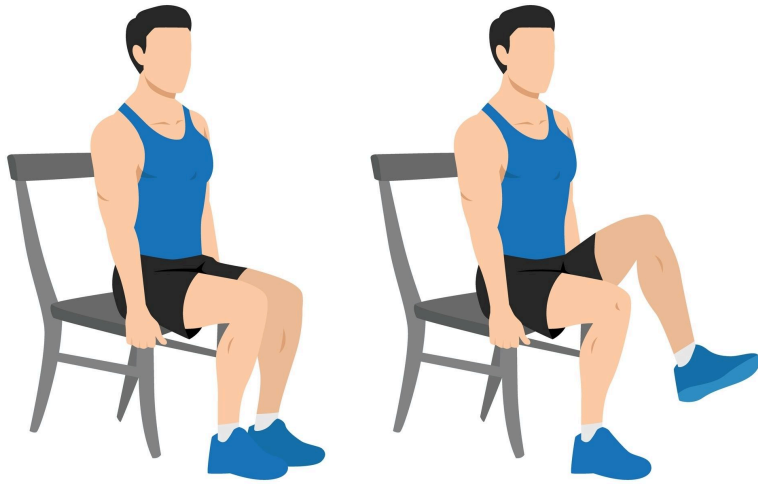
1. Sit upright with your feet flat on the floor and your back straight.
2. Bring your palms together in front of your chest, elbows bent and pointing out to the sides.
3. Gently press your palms together while keeping your elbows wide.
4. Hold the stretch for _____ seconds, feeling the stretch across your chest and shoulders.
5. Return to the starting position and repeat for _____ repetitions.

Leg extensions



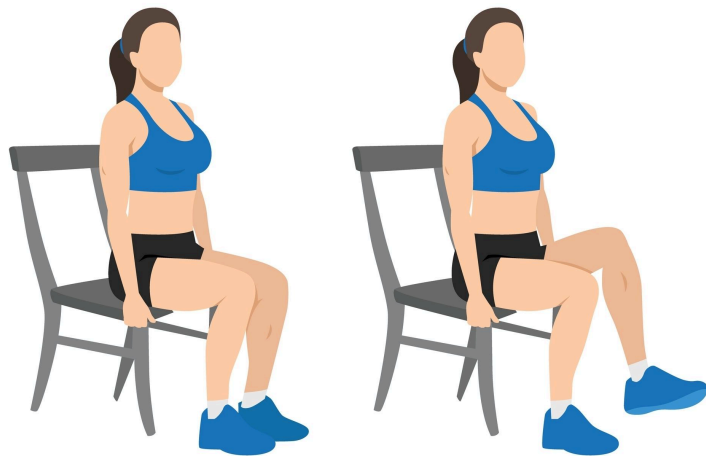
1. Sit on a chair with your back straight and feet flat on the floor.
2. Extend your left leg until it is straight and parallel to the ground.
3. Hold the position for _____ seconds.
4. Slowly lower your leg back to the starting position.
5. Repeat with your right leg and continue alternating for _____ repetitions per leg.

Seated marches



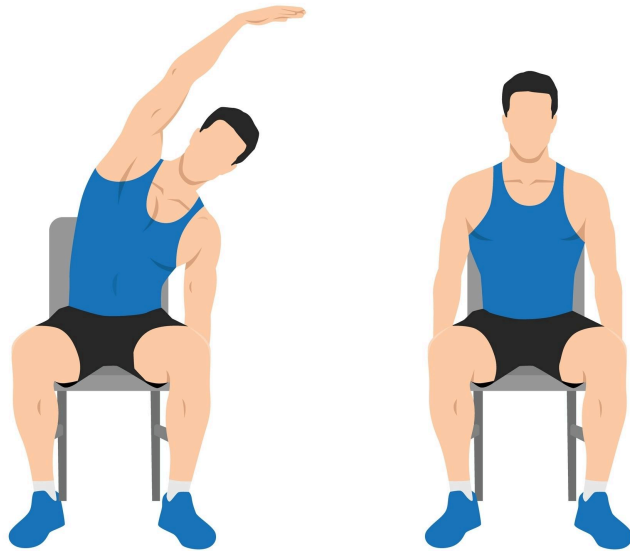
1. Sit upright with shoulders back and feet flat on the floor.
2. Lift your left foot with the knee bent as if you were marching.
3. Lower your foot back to the floor.
4. Alternate with your right foot and repeat for _____ repetitions per leg.

Knee raises



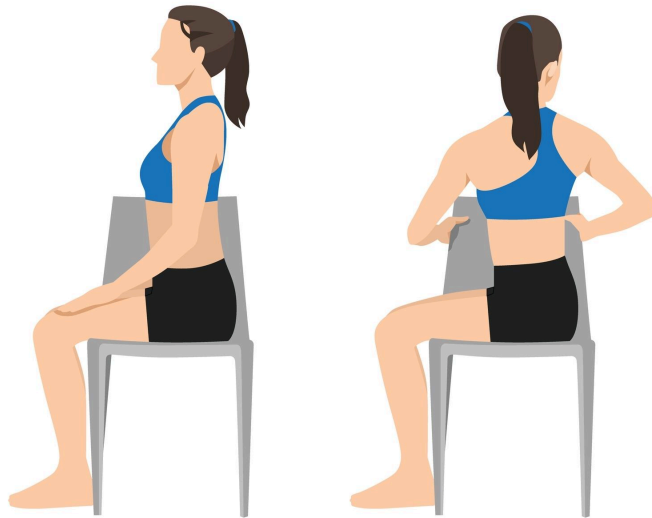
1. Sit upright with both feet flat on the floor.
2. Position your hands on your sides and gently raise your knee toward your chest.
3. Hold the position for _____ seconds.
4. Lower your knee back to the starting position.
5. Alternate with the right knee and repeat for _____ repetitions per leg.

Seated side bend



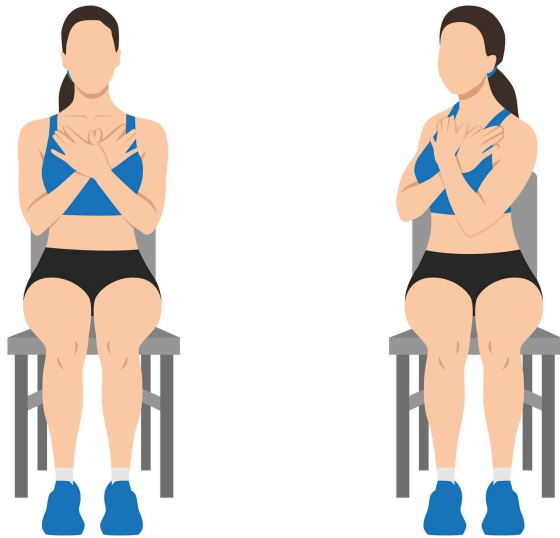
1. Sit upright with your feet flat on the floor and your back straight.
2. Place your right hand on the side of the chair for support.
3. Extend your left arm overhead and slowly bend your torso to the right, feeling a stretch along your left side.
4. Hold the position for _____ seconds.
5. Return to the starting position.
6. Repeat on the opposite side, alternating for _____ repetitions per side.

Spinal twist



1. Sit upright with your feet flat on the floor and your back straight.
2. Place your right hand on the outside of your left thigh.
3. Rest your left hand on the back of the chair for support.
4. Gently twist your torso to the left, looking over your left shoulder.
5. Hold the position for _____ seconds, feeling the stretch in your spine.
6. Return to the starting position.
7. Repeat on the opposite side, alternating for _____ repetitions per side.

Glute rotation



1. Sit upright with your feet flat on the floor and your back straight.
2. Cross your right ankle over your left knee, forming a figure-four shape.
3. Gently press down on your right knee with your right hand to deepen the stretch.
4. Hold for _____ seconds, feeling the stretch in your glutes and hip.
5. Return to the starting position.
6. Repeat on the opposite side, alternating for _____ repetitions per side.

Cool down

1. Sit tall with your feet flat on the ground and hands resting on your thighs.
2. Take a few deep breaths, inhaling through your nose and exhaling through your mouth to relax.
3. Slowly lower your chin toward your chest, feeling a gentle stretch in your neck.
4. Hold for _____ seconds, then lift your head back up.
5. Gently roll your shoulders forward and backward to release tension.
6. Extend one leg out in front of you, keeping the other foot flat on the ground. Flex and point your toes to stretch your calf and hamstring.
7. Hold for _____ seconds, then switch legs.
8. Place your hands on your knees and slowly rotate your torso to the left, then to the right, to release tension in your spine.
9. Finish with a few deep breaths, allowing your body to relax completely.

Additional notes