

Seated Exercise Program

For some of us, it is difficult to exercise in a standing position. Here are some exercises that provide strength training for various muscles.

1. Check with your physician before starting a new exercise program.
2. Sit up tall in the chair and keep your abdominal muscles tight (belly button pulled in) to provide stability.
3. Try to do 1 set of 10—15 repetitions of each exercise, 2-3 non-consecutive days per week.
4. Build up to 2 repetitions per set over time.
5. To increase difficulty of band exercises, shorten band and/or a heavier band. Bands can be purchased at most sporting goods stores as well as pharmacies with home healthcare products.



Seated Slides (In & Out)

1. Place paper plates under your feet.
2. Press into plates as you slowly move your feet out (using outer thighs) and in (using inner thighs).



Seated Slides (front & Back)

1. Place paper plates under your feet.
2. Press into plates as you slowly slide your right foot back (using hamstring) and left foot forward (quads) - alternate.



Seated Leg Extension

1. Start with both feet flat on floor
2. Straighten one leg while keeping other foot flat on floor.
3. Ensure knees stay level.
4. Lower leg but do not rest foot
5. Repeat for all repetitions, then switch sides to finish.



Seated Knee Lift

1. Start with both feet flat on floor
2. Lift one foot several inches off the ground while keeping knee bent at 90 degrees.
3. Lower leg but do not rest foot and repeat for all repetitions.
4. Ensure abdominals stay tight.



Seated Lat Pull Downs 1. Maintaining good posture, hold band with palms forward, above & slightly in front of head. Distance between hands determines difficulty (wider apart is easier). 2. Contract back and pull elbows towards ribs—the band should be at chest level. Slowly reverse and repeat.



Seated Chest Squeeze

1. Use a rolled up towel or mat, hold between upper arms.
2. Sitting with good posture, squeeze with arms and contract chest
3. Relax and repeat



Seated Overhead Press

1. Maintain good posture with arms at 90 degrees holding band
2. Press arms up until almost straight
3. Slowly lower and repeat.



Seated Bicep Hammer Curl

1. Maintain good posture with arms at sides, palms face in
2. Contract upper arm and lift band toward shoulder
3. Keep wrists level with arm
4. Slowly lower and repeat.



Seated Tricep Extension

1. Sit with good posture holding band in underhand grip, with elbows bent at shoulder level. 2. Keep left hand in place and straighten right arm until parallel to floor (contracting back of arm) —but don't lock elbow. 3. Return to start and repeat alternating sides.



Seated Abdominals

Rotation 1. Sit with good posture with arms crossed over chest. 2. Keeping abdominals contracted, rotate to one side, while keeping hips and knees facing forward (works obliques). 3. Return to start and alternate sides.

Curl 1. Start in same position as above with feet flat on ground. 2. Bend from hips, keeping back straight. 3. Slowly return to start. 4. To add difficulty, straighten one leg and raise slightly off the ground.

*If you have any questions regarding this program, please contact Elizabeth Way—
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