

Seated Exercises

Seated exercises allow older adults a way to improve their core and leg strength without the injury risks sometimes associated with traditional exercise routines. Seated exercises are gentler on the joints, can strengthen and stabilize the leg and core muscles, resulting in improved balance which is key in helping prevent falls and injuries. The seated exercises are positioned before the standing exercises to help warm up the core and leg muscles.

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1. Leg Lifts

Description: A seated exercise where one leg is raised and the same side arm crosses the chest and touches the opposite shoulder.

Equipment needed: A/V set up for Exercise: Leg Lifts 2 PPT

1. Sit forward in chair
2. Display PPT slides
3. When the **R** (Right) appears, lift the Right leg by bringing the knee upward.
4. Bring the Left hand to the Right shoulder.
5. Hold for a count and return.
6. When the **L** (Left) appears, lift the Left leg by bringing the knee upward.
7. Bring the Right hand to the Left shoulder.
8. Hold for a count and return.

2. X Marks the Spot

Description: A seated exercise where both arms and legs are outstretched and then crossed at the same time.

1. Sit forward in chair.
2. Extend both arms and legs forward.
3. Keep the toes pointed upward.

4. Keeping the legs outstretched, cross the Right arm and Right leg over the Left arm and Left leg.
5. Perform 5 repetitions.
6. Slowly return the legs back to the floor and the arms back to the side of the body.
7. Take a deep breath and extend both arms and legs forward.
8. Keep the toes pointed upward.
9. Keeping the legs outstretched, cross the Left arm and Left leg over the Right arm and Right leg.
10. Perform 5 repetitions.
11. Slowly return the legs back to the floor and the arms back to the side of the body.
12. Take a deep breath and extend both arms and legs forward.
13. Keep the toes pointed upward.
14. Keeping the legs outstretched, cross the Right arm and Right leg over the Left arm and Left leg.
15. Immediately cross the Left arm and Left leg over the Right arm and Right leg.
16. Alternate between Right over and Left over for ten repetitions.

3. Foot and Arm Circles

Description: A seated exercise where one leg rotates in one direction while the opposite arm rotates in the opposite direction.

1. Sit forward in chair.
2. Extend the Right leg and Left arm forward.
3. With the Right foot pointed upward, make counterclockwise circles of approximately 18 inches.
4. With the Left hand, make clockwise circles of approximately 18 inches.
5. The arm and leg circles will be rotating inward, toward the mid-line.
6. Perform 5 circle repetitions.
7. Return the Right leg and Left arm and take a deep breath.
8. Extend the Left leg and Right arm forward.
9. With the Left foot pointed upward, make clockwise circles of approximately 18 inches.
10. With the Right hand, make counterclockwise circles of approximately 18 inches.
11. The arm and leg circles will be rotating inward, toward the mid-line.
12. Perform 5 circle repetitions.
13. Return the Left leg and Right arm and take a deep breath.
14. Extend the Right leg and Left arm forward.
15. With Right foot pointed upward, make clockwise circles of approximately 18 inches.
16. With the Left hand, make counterclockwise circles of approximately 18 inches.
17. The arm and leg circles will be rotating outward, away from mid-line.
18. Perform 5 circle repetitions.
19. Return the Right foot and Left Arm and take a deep breath.
20. Extend the Left leg and Right arm forward.

21. With Left foot pointed upward, make counterclockwise circles of approximately 18 inches.
22. With the Right hand, make clockwise circles of approximately 18 inches.
23. The arm and leg circles will be rotating outward, away from mid-line.
24. Perform 5 circle repetitions.
25. Progression: Perform arm and leg movements standing between two chairs.

4. Dead Bugs

Description: A seated exercise where the arms and legs are extended out parallel to the floor.

1. Sit forward in chair with feet flat on the floor.
2. Extend the Left leg and Right arm forward.
3. When the leg is fully extended, hesitate and squeeze the thigh.
4. Slowly return the leg and arm back to their starting position.
5. Extend the Right leg and Left arm forward.
6. When the leg is fully extended, hesitate and squeeze the thigh.
7. Slowly return the leg and arm back to their starting position.
8. Complete 5 rotations (10 repetitions)
9. Take a deep breath then extend both legs and both arms forward.
10. When both legs are fully extended, hesitate and squeeze the thigh.
11. Slowly return the legs and arms back to their starting position.
12. Complete 5 repetitions.
13. Repeat as tolerated.

5. Trunk Rotations

Description: A seated exercise where the upper body moves in a circular motion to strengthen the core.

1. Sit forward in the chair with feet flat on the floor.
2. Place arms across the chest.
3. Make a circular motion with your upper torso in a clockwise direction. Imagine that your shoulders are the top of a "cone" and the narrow part of the cone is your core.
4. Complete five rotations and then take a deep breath.
5. Repeat the action in a counter-clockwise rotation.
6. Complete five rotations and then take a deep breath.
7. Keep arms across the chest and lift the Right leg 12 inches from the floor.
8. Make a circular motion with your upper torso in a clockwise direction.
9. Complete five rotations and then take a deep breath.
10. Keep arms across the chest and lift the Left leg 12 inches from the floor.
11. Make a circular motion with your upper body in a counter-clockwise direction.

12. Complete five rotations and then take a deep breath.

6. Marching Shoulder Claps

Description: A seated exercise where there is series of leg lifts followed by cross-over shoulder taps.

Equipment needed: A/V set up for Cross-Lateral: Marching Shoulder Claps PPT (optional)

1. Sit forward in the chair with feet flat on the floor.
2. Place both hands on knees.
3. Bring the Right knee upward and return to the floor.
4. Bring the Left knee upward and return to the floor.
5. Tap the Left shoulder with the Right hand and hold.
6. Tap the Right shoulder with the Left hand and hold.
7. Return the Left hand to Left knee.
8. Return the Right hand to Right knee.
9. Complete 5 rotations and take a deep breath.
10. Repeat the series beginning with the Left leg.
11. Bring the Left knee upward and return to the floor.
12. Bring the Right knee upward and return to the floor.
13. Tap the Right shoulder with the Left hand and hold.
14. Tap the Left shoulder with the Right hand and hold.
15. Return the Right hand to Right knee.
16. Return the Left hand to Left knee,
17. Complete 5 rotations and take a deep breath.
18. Alternate sequences.
19. Perform one Right leg sequence.
20. Perform one Left leg sequence.
21. Complete 5 rotations and take a deep breath.