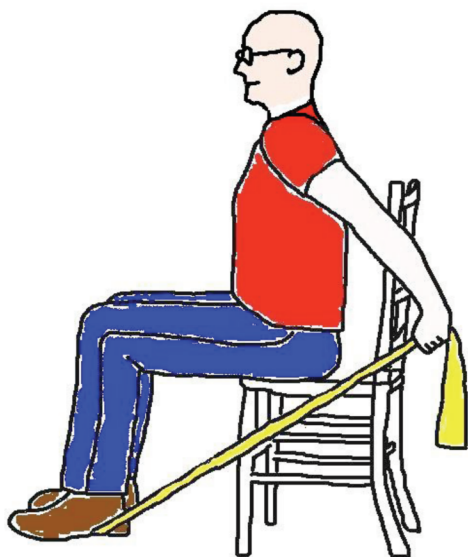


# CHAIR BASED

## Home Exercise Programme



**laterLife**  
training

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# Safety

Ensure that the chair you use is sturdy and stable. Wear comfortable clothes and supportive footwear.

Prepare a space and have your exercise band and a glass of water (for afterwards) ready before you start.

While exercising, if you experience chest pain, dizziness or severe shortness of breath, **stop immediately** and contact your GP (or call an ambulance if you feel very unwell and your symptoms do not go away when you stop exercising).

If you experience pain in your joints or muscles, stop, **check your position** and try again. If the pain persists, seek advice from your Chair-based Exercise Leader or your GP.

However, feeling your muscles working or slight **muscle soreness** the next day after exercise is **normal** and shows that the exercises are working.

Breathe normally throughout and enjoy yourself.

Aim to do these exercises twice per week **in addition** to your exercise class.

If you are using this booklet without attending a supervised exercise session, consult your GP to check it is suitable for you.

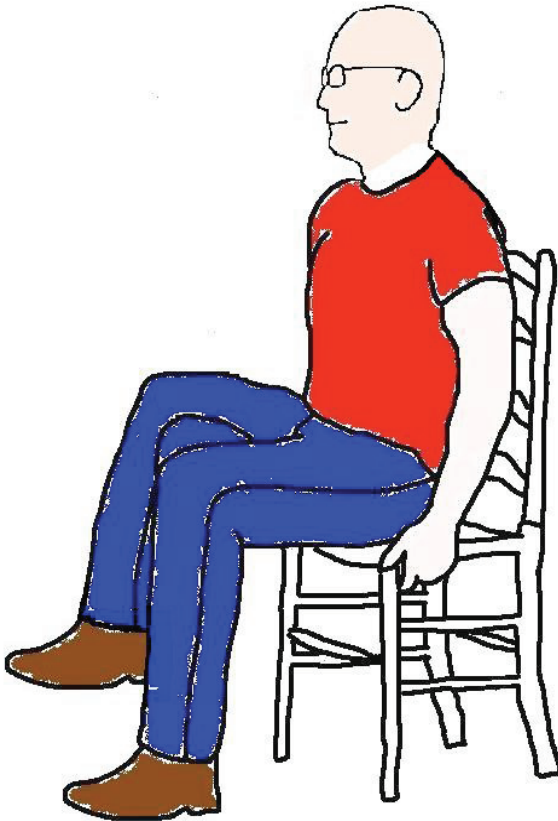
# Warm Up Exercises

Always begin with a warm up to prepare your body for the main exercises.

Complete **all** the warm up exercises:

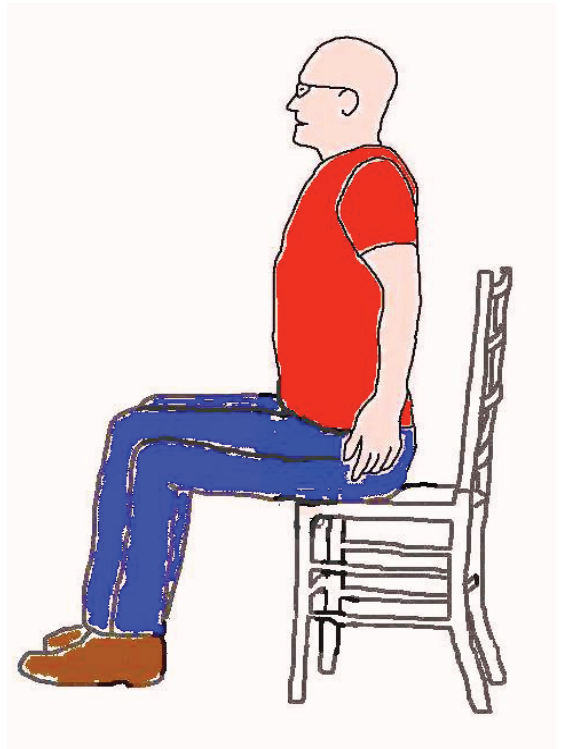
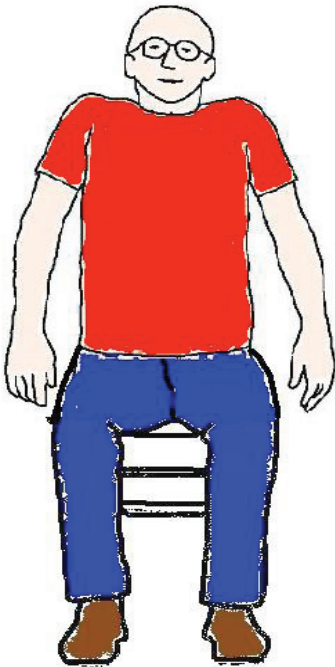
# March

- Sit tall at the front of the chair
- Hold the sides of the chair
- March with control
- Build to a rhythm that is comfortable for you
- Continue for 1-2 minutes



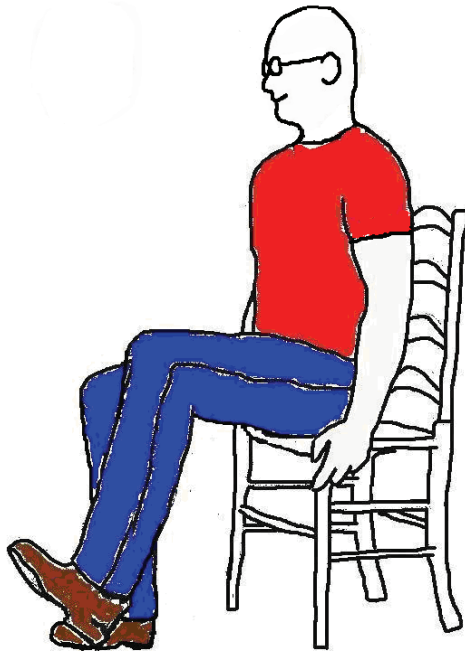
# Shoulder circles

- Sit tall with your arms at your sides
- Lift both shoulders up to your ears, draw them back then press them down
- Repeat slowly 4 times



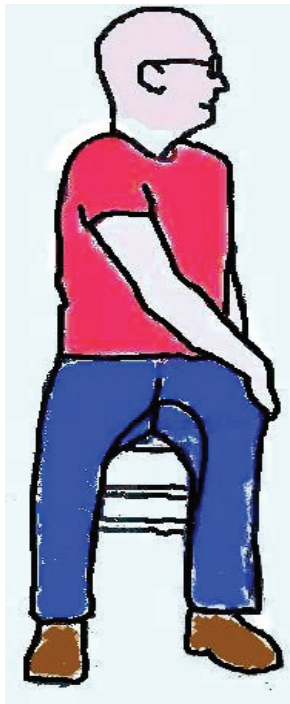
# Ankle loosener

- Sit tall at the front of the chair
- Hold the sides of the chair
- Place the heel of one foot on the floor then lift it and put the toes down on the same spot
- Repeat 4 times on each leg



# Spine twists

- Sit very tall with your feet hip width apart
- Place your right hand on your left knee and hold the chair back with your left hand
- Twist your upper body and head to the left
- Repeat on the opposite side
- Repeat 3 more times each way



# Main exercises

There are **8** exercises in this section.

They are to help improve your bone and muscle strength.

Complete them **all**.



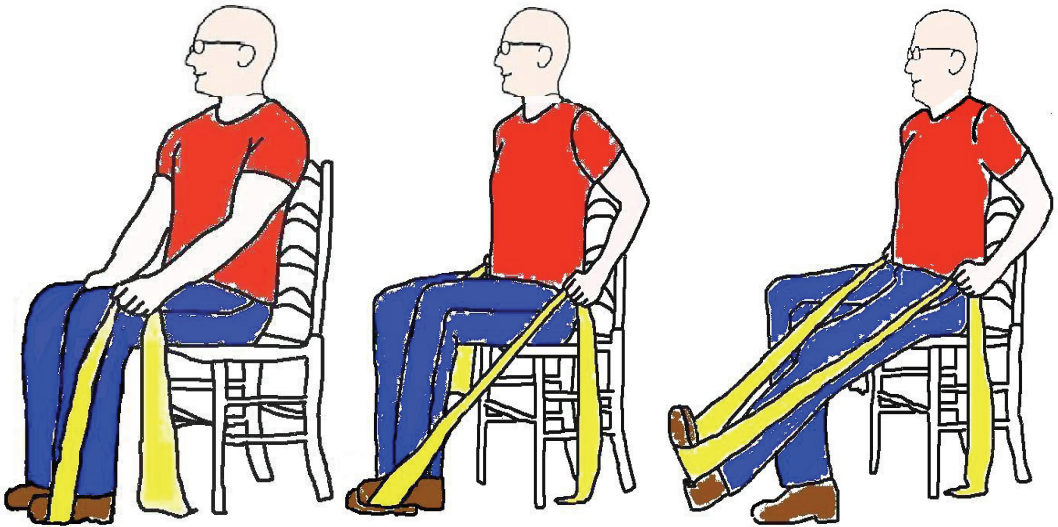
# Upper back strengthener

- Hold the band with your palms facing upwards and your wrists straight
- Pull your hands apart then draw the band towards your hips and squeeze your shoulder blades together
- Hold for a slow count of 5 whilst breathing normally
- Release, then repeat 7 more times



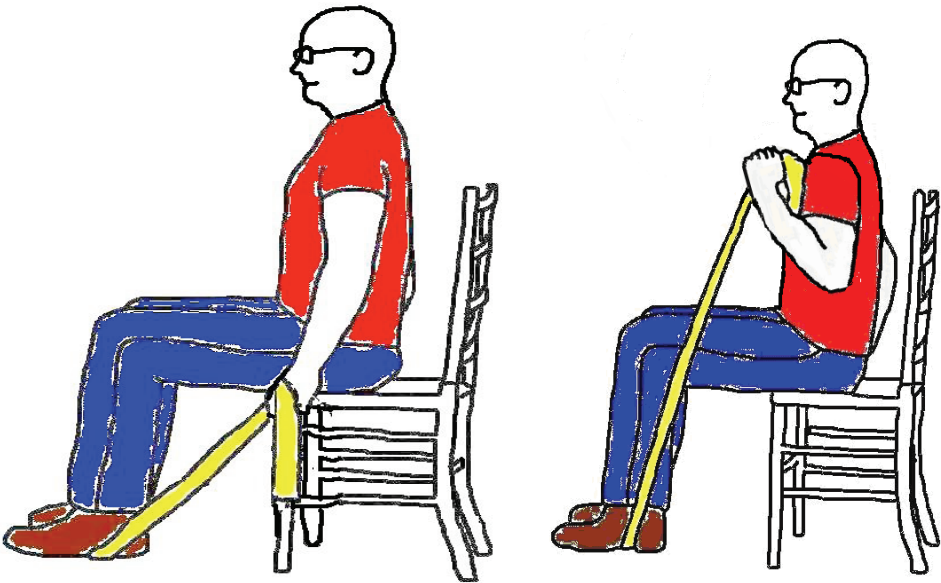
# Thigh Strengthenener

- Sit tall at the front of your chair
- Place the band under the ball of one foot and grasp it with both hands at knee level
- Lift your foot just off the floor then pull your hands to your hips
- Now press your heel away from you until your leg is straight and your heel is just off the floor
- Hold for a slow count of 5 then return to the starting position
- Repeat 6-8 times on each leg



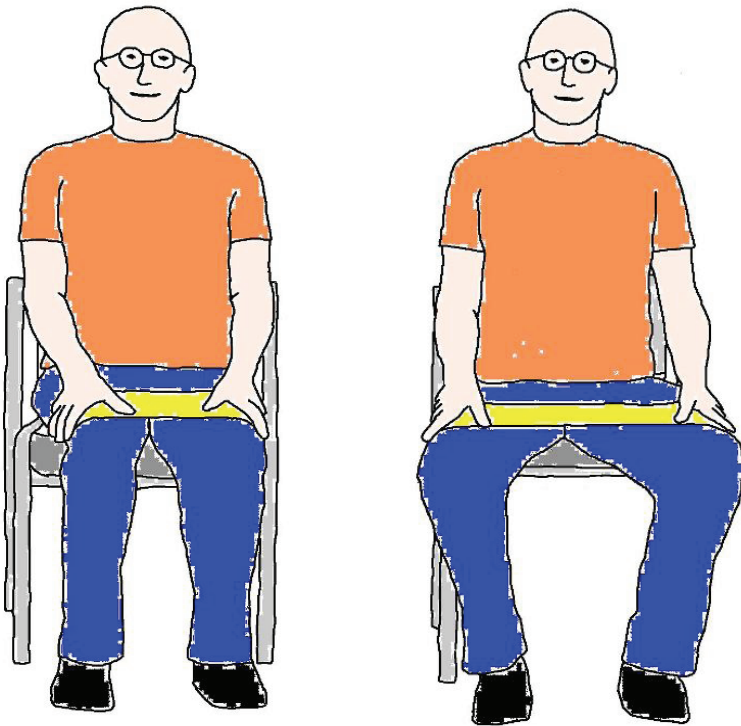
# Arm curl

- Sit tall at the front of your chair
- Place one end of the band securely under both feet and grasp it with one hand at about knee level
- Now curl your fist slowly towards your shoulder keeping your wrist straight and your elbow close to your side
- Slowly lower
- Repeat 6-8 times on each arm



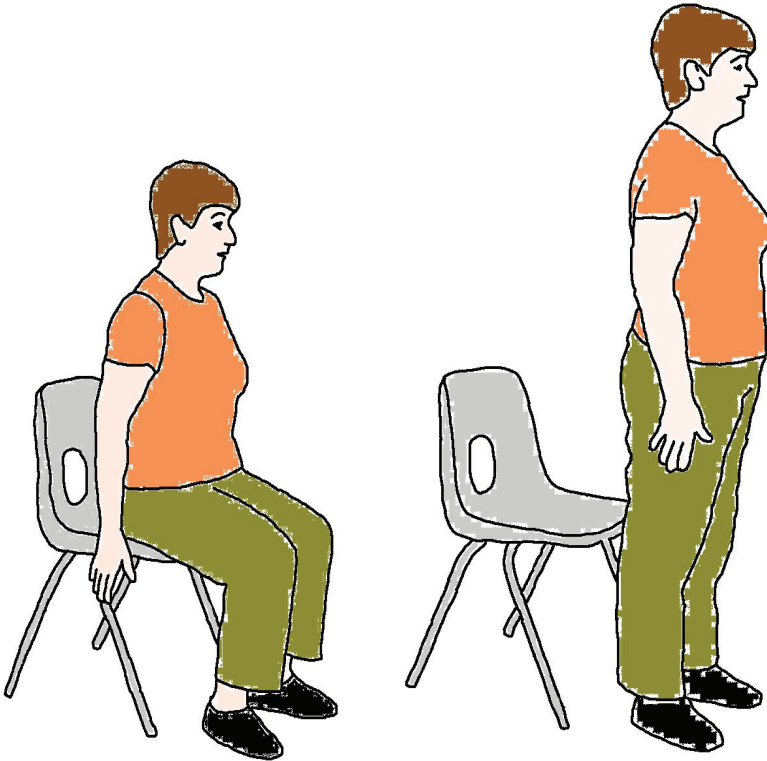
# Outer thigh strengthener

- Sit tall near the front of the chair with your feet and knees touching then wrap the band around your legs (keeping the band as flat as possible)
- Take your feet and knees back to hip width apart
- Push your knees outwards and hold for a slow count of 5
- Release, then repeat 7 more times



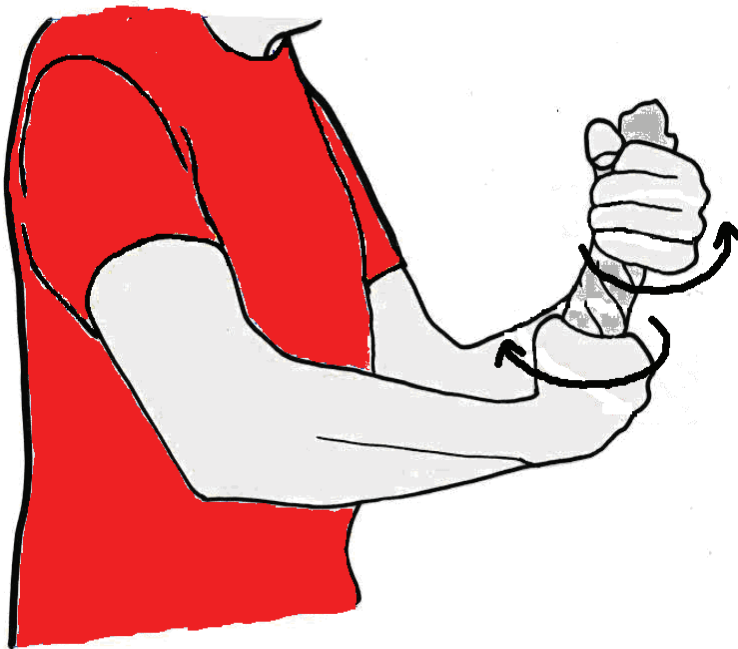
# Sit to stand

- Sit tall near the front of the chair
- Place your feet slightly back
- Lean forwards with a straight back
- Stand up (using your hands on the chair if needed)
- Step back until your legs touch the chair then slowly lower your bottom back into the chair
- Repeat 4 to 8 times



# Wrist strengthener

- Fold or roll your band into a tube shape
- Sit tall then squeeze the band tightly with both hands, hold for a slow count of 5 then release
- Make this exercise more challenging by squeezing then twisting your band before holding for 5 seconds
- Repeat this exercise 6-8 times



# Pelvic floor strengtheners

## Exercise 1

Tighten the muscles around your back and front passages and lift up inside as if trying to stop passing wind and urine at the same time.

Avoid

- squeezing your legs together
- tightening your buttocks
- holding your breath

Try to hold the contraction for **10 seconds**. Rest for 4 seconds, then repeat. Perform this **10 times**.

## Exercise 2

Perform **10 quick contractions** by drawing up the pelvic floor as fast as possible, holding for just one second then releasing.

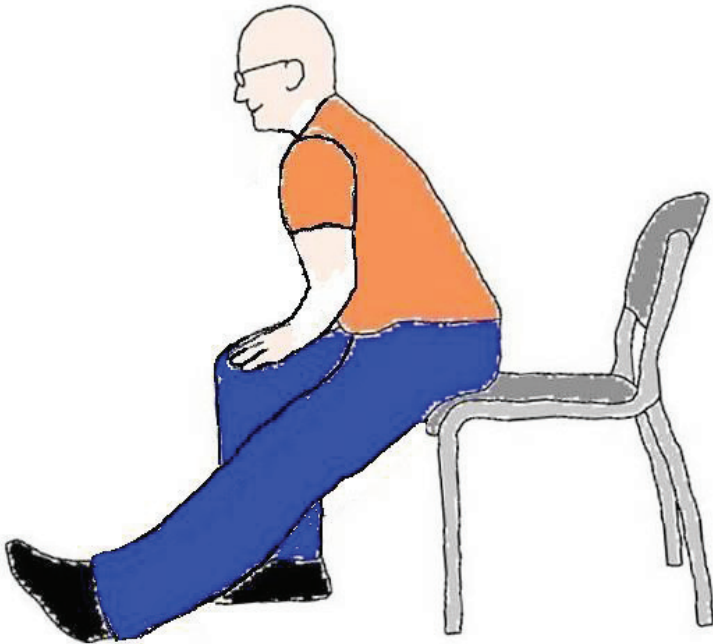
# Ending the session

Finish by **marching** at a relaxed pace for 1-2 minutes then perform all of the following stretches:



# Back of thigh stretch

- Make sure you are right at the front of the chair
- Straighten one leg placing the heel on the floor
- Place both hands on the other leg then sit really tall
- Lean forwards with a straight back until you feel the stretch in the back of your thigh
- Hold for 10-20 seconds
- Repeat on the other leg



# Chest stretch

- Sit tall away from the back of the chair
- Reach behind with both arms and grasp the chair back
- Press your chest upwards and forwards until you feel the stretch across your chest
- Hold for 10-20 seconds



# Calf stretch

- Sit forwards in your chair and hold the sides
- Straighten one leg placing the heel on the floor
- Pull your toes up towards the ceiling
- Feel the stretch in your calf
- Hold for 10-20 seconds
- Repeat on the other leg



# Finished!

Well done! You have finished your exercises for today.

Try to do these home exercises **one more time** this week. Set a day and a time aside for a second session now.



# Acknowledgements

**We would like to acknowledge the following content resources:**

Later Life Training Chair-based Exercise Manual, May 2009.

Skelton DA et al. The effects of resistance training on strength, power and selected functional abilities of women aged 75 and over. *Journal of The American Geriatric Society*, 1995, Vol 43, p1081-1087.

Skelton DA, McLaughlin A. Training functional ability in old age. *Physiotherapy*, 1996, Vol 82, p159-167.

Skelton DA, Dinan S et al. Tailored group exercise reduces falls in community dwelling older frequent fallers; an RCT. *Age and Ageing*, 2005, Vol 34, p636-639.

# Acknowledgements

## **With additional thanks to:**

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