

Seated Exercises for Arms and Legs

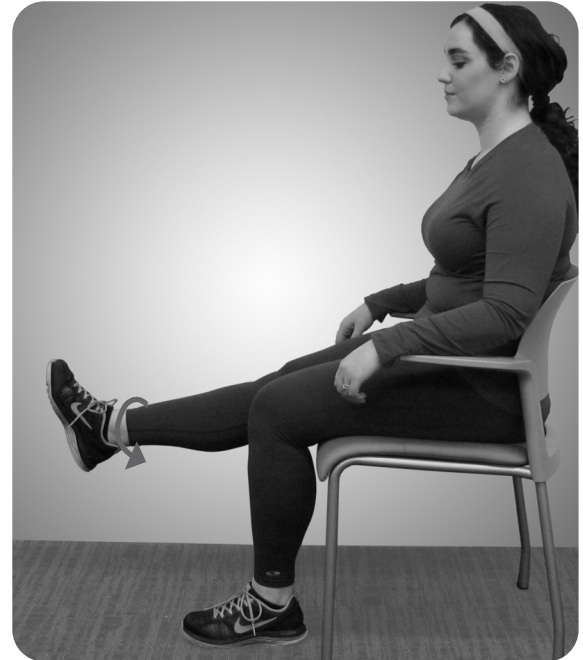
Leg workouts

Ankle rotations

Extend your leg and rotate your ankles, to the left and the right. This exercise makes your ankles more flexible and you will be less likely to sprain an ankle.

Rotate ankles ___ times to the right, then to the left.

_____ sets



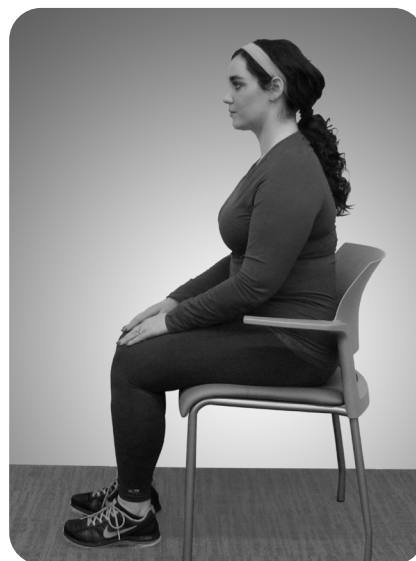
Calf muscle toning

Work your calf muscles by raising your legs up on the tips of your toes while seated. Your calf muscles should start to burn after a few seconds.

Hold for ___ seconds and release.

_____ reps

_____ sets



Single leg extensions

Sit on the edge of your chair. Holding onto the sides of the chair, lift your leg slowly, keeping it straight. When it is level with your waist, hold for _____ seconds.

_____ reps

_____ sets



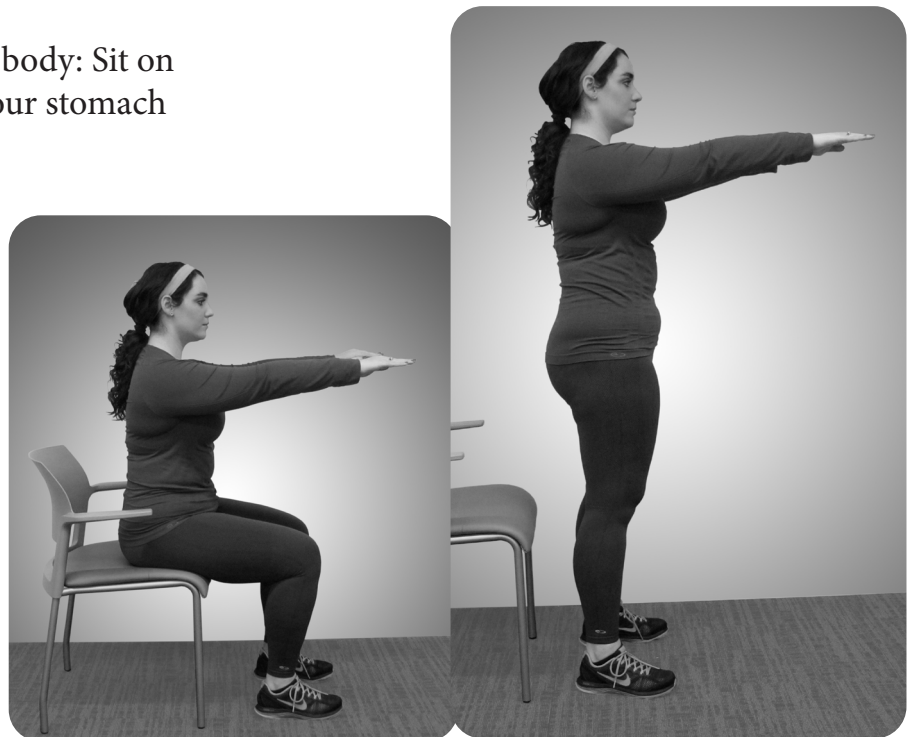
Stand up exercise

To get the blood flowing in your body: Sit on the edge of your chair and use your stomach muscles to lift yourself to standing. Try not to hold onto the chair.

_____ reps

_____ sets

Also: Try doing this on one leg.



Water bottle work out (no photo)

Sit halfway off your chair, back straight and shoulders down. Line up your ankles with your knees, with your feet about 4 inches apart. Place a filled water bottle between your knees and squeeze the water bottle.

_____ reps

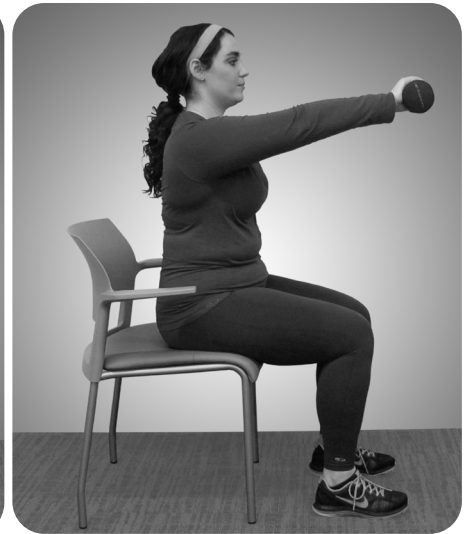
_____ sets

Arm workouts

Straight arm lifts

Holding a small hand weight or filled water bottle, place your arms straight in front of you. Lift your arms up and lower them. This exercise helps build the triceps muscles in your arms.

_____ reps
_____ sets



Also: Try this exercise with your arms straight out to the side, using two weights.

Abs twist

Sit tall on the edge of your chair and cross your arms over your chest. Inhale and flex your abdominal muscles lightly. Exhale slowly, squeezing your abs in tighter and turning your upper body to the right. Inhale back to the center. Repeat to the left.

_____ reps
_____ sets



Seated Jumping Jacks ***(no photo)***

Sit on the edge of your chair. Open and close your arms and legs as if doing a standing jumping jack— Arms up, bent legs out; Arms down, bent legs in. Move quickly. Work up to 30 reps.

_____ reps
_____ sets

Seated press-ups

Sit on the edge of your chair, arms by your sides and palms holding the edge of the seat. Press down with your arms as if going to lift yourself off the chair. Hold for ___ seconds and release.

_____ reps
_____ sets



Arm circles

Raise your arms straight out to your sides and press your shoulder blades together. With **palms down and thumbs forward**, do forward circles with your arms. Then flip your **palms up, thumbs facing behind you**, and do backward circles. This exercise will improve posture.

_____ reps in each direction
_____ sets

Also: Try the exercise with a small hand weight or water bottle.



Sitting elbow curls (no photo)

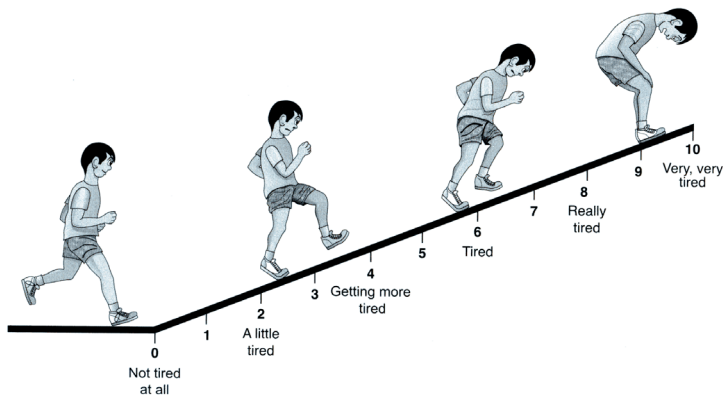
Raise your arms at your sides and bend your elbows, placing your knuckles at your temples. Bring your elbows together and then back to the starting position at a moderate speed. This exercise will help to open up your chest and shoulder muscles.

_____ reps
_____ sets

Guide to doing the exercises

- General activity: 15 reps, 1 to 2 sets, working to *muscle fatigue* (feels tired) by end of exercise
 - Conditioning: 20 to 30 reps, 1 set, with low weight, working to *muscle fatigue* by end of set
 - Strengthening: 8 to 10 reps, 2 to 3 sets; with medium weight; working to *muscle fatigue* by end of each set
- * *Muscle fatigue* is working at around level 6 to 7 out of 10.

OMNI Effort Scale



Inactive

0	Not tired at all	Example: Sitting in a chair.
1		

Normal, everyday activities

2	A little tired	Examples: Walking around the house; warming up or cooling down. Increased breathing but you barely notice it.
3		

Aerobic exercise levels

4	Getting more tired	Examples: Feels like exercise, but comfortable. Muscles are working.
5		
6	Tired	Examples: Continues to feel like exercise (walking, biking), yet more challenging. Increased rate of breathing.
7		
8	Really tired	Tired, out of breath. Need to slow pace and intensity.

Stress-test levels

9		
10	Very, very tired	You are exercising too hard.