



# SEATED EXERCISE GUIDE



# Seated Exercise Guide

The Seated Exercise Guide is specifically designed for people who have special limitations in how they can exercise.

We believe that everyone, no matter his or her physical condition, needs to move every day in some way. This program can be done anytime, anywhere. The only piece of equipment you will need is a chair.

You will be shown many different safe upper and lower body exercises using your own body resistance.

These can be done in 30 minutes or fewer in the comfort of your home. We will also show you modifications for many of the exercises, so you can

choose what works best for you. Over the course of your 30-minute workout, you will engage your entire body from head to toe, with some wonderful stretches at the end.

Over the next 21 days, we will show you more varieties to the exercises, sometimes combining 2 different muscle groups at the same time. This is designed to improve your coordination and also to keep your workout fresh without too much repetition.

If you are able to and looking for more of a challenge, you can add light hand weights for the upper body exercises. If the movement is too easy, go up to the next level weight.

# What You Need to Know to Get Started

Four days a week, you'll follow the exercises described in this guide. The other three days between your workouts are called **Active Rest Days**. On Active Rest Days you will do something active that you enjoy for 30 minutes. This could be walking the dog, playing with the grandchildren, walking around the neighborhood, or swimming. You can even put on some music and move to the beat in your living room.

Doing something active for 30 minutes each day is an opportunity for you to develop good lifestyle habits while giving your muscles and joints sufficient time to recover.

If being active for 30 minutes a day feels too difficult, you may need to work up to it. Start with 10 to 20 minutes a day, then slowly work your way up to 20 to 30 minutes. Please listen to your body. If you ever feel light headed, dizzy, or exhausted, stop and rest until you feel you can move safely again. With time and practice you will only improve.

If at any time your condition improves and you are able to exercise without the chair, you can start on our **Beginners Simplified** or **Variety guides** to further challenge yourself.

***Caution:** Not all exercises provided in this guide are suitable for everyone. This or any other exercise program could result in injury. Please consult your healthcare professional before starting this program. If during any of the exercise circuits you experience shortness of breath, dizziness, or any other unusual symptoms, stop immediately and consult with your healthcare professional before proceeding.*

# Three Weeks at a Glance



You will do a series of upper and lower body exercises that will strengthen and tone the entire body while sitting safely in a chair. We recommend you use a kitchen-type chair with a straight back and no armrests.



You will be repeating some of the exercises from week 1 with a few different ones to add variety to your program.



You will perform some combination exercises that incorporate both upper and lower body exercises simultaneously.



## DAY 1 Workout

Do your best to perform each exercise for 2 minutes with a 15 to 20 second rest between each exercise and 3 minutes of rest between circuits.

You will complete this circuit of 7 exercises twice. This should take you about 30 minutes total.

### 1st Circuit

*(Rest 15-20 seconds between each)*

2  
MIN

#### Seated Bicep Curls



WATCH  
VIDEO



**Instructions:** Go slow for the first minute then pick up the pace and continue until 2 minutes has passed.

Scoot forward in your chair and sit up tall with your chest lifted and your back straight. With your arms straight down by your sides, make a fist with your hands and squeeze your biceps while bringing your fists up to your shoulders. Keep your elbows close to your sides and in a stationary position throughout the whole movement. Your elbows should not travel forward during the movement. Lower your arms back to the starting position slowly to begin again.



2  
MIN

## Seated Triceps Kickbacks



WATCH  
VIDEO



**Instructions:** Continue this movement slowly for the first minute then pick up the pace for the second minute.

Scoot forward in your chair and lean forward slightly, making sure to keep your back straight, not rounded. Place your elbows at your sides, and bend your arms to a 90-degree angle. Form your hands into fists with palms facing each other. Extend your arms all the way back and squeeze your triceps then return your arms back to the starting position. Your arms will brush along the sides of the seat of your chair.

2  
MIN

## Seated Side Raises and Extensions



WATCH  
VIDEO



**Instructions:** Do this motion for the first minute. For the second minute, hold your arms in the upward position and press your forearms out and in with your palms down.

Sit tall in your chair with your arms next to your sides bent in a 90-degree angle. Raise your arms up to shoulder height and pinch the shoulder blades together. Your palms should be facing down in this position. Lower your arms back along your sides before beginning again.

For the second minute of the exercise you will keep your shoulders elevated. Start with your elbows bent at 90-degrees, then straighten your elbows all the way out and return back to the 90-degree angle and repeat for the next one minute while keeping your arms elevated at shoulder height.

2  
MIN

## Seated Chest Flys

WATCH  
VIDEO

**Instructions:** Perform the exercise slowly the first minute and faster the second minute.

Sit tall in your chair with your elbows bent in a 90-degree angle, and arms raised to shoulder height. Rotate your forearms and wrists upward. Your arms should be framing your head like a box. Bring your elbows and forearms together while squeezing your chest muscles and then returning to that “box” position.

2  
MIN

## Seated Knee Lifts

WATCH  
VIDEO

Scoot forward in your chair and sit up very tall and straight. Place your hands on each leg and push down on them for added resistance. Now lift your knee up and down alternating legs for one minute. For the second minute, lift one leg up and down 8 times before lifting the other leg. Now lift each leg up and down 4 consecutive times before switching legs. Now sets of two. Continue this until the second minute is done.

2  
MIN

## Seated Knee Tap-outs

WATCH  
VIDEO

**Instructions:** Alternate legs for the first minute, but then for the second minute, take one leg out to the same side 8 times before switching to the other leg. Then do sets of 4. Then sets of 2. Continue this until the second minute is done.

Similar to exercise #5, you will lift your knee up but now rotate your leg out to the side, tap your foot to the floor, then lift your leg back up and return to the starting position with legs in front of you.

2  
MIN

## Seated Straight Leg Lifts



WATCH  
VIDEO



**Instructions:** Continue this exercise alternating legs for 2 minutes, then rest.

Sit straight in your chair and extend your right leg out straight in front of you with your heel resting on the floor. Now lift that leg up about 6-8 inches with your foot flexed, and squeezing the muscles in your upper thigh. Lower that leg and bring it back into starting position. Repeat with the left leg.

Rest for 3 minutes

2nd Circuit

Repeat Circuit 1

## DAY 2 Active Rest

Do something active for 30 minutes

## DAY 3 Workout

Repeat workout from Day 1

## DAY 4 Active Rest

Do something active for 30 minutes

## DAY 5 Workout

Repeat workout from Day 1

## DAY 6 Workout

Repeat workout from Day 1

## DAY 7 Active Rest

Do something active for 30 minutes





You are now into your second week of exercises. Your muscles are more familiar with the movements. If you can, push yourself a little harder in each 2-minute exercise. If possible, make your movements a little bigger or move a little faster while focusing on the correct form, as you perform them. You will get better results as you exert more energy.

## DAY 8 Workout

Do your best to perform each exercise for 2 minutes with a 15 to 20 second rest between each exercise and 3 minutes of rest between circuits.

### 1st Circuit

*(Rest 15-20 seconds between each)*

2  
MIN

#### Seated Bicep Curls with Rotations



**Instructions:** Continue this movement slowly for the first minute, then pick up the pace for the second minute.

**Minute 1:** Sit forward in your chair with your chest lifted and your back straight. Perform the bicep curls as in week #1, but now after you curl up and lower back to the start position, you will then rotate your forearms and wrists out to the side and then curl straight forward. Your elbows will be next to your sides the entire time as you alternate curls to the front and curls to the side. Make sure to really squeeze your biceps at the top of each movement.

**Minute 2:** Do 8 curls to the side, then 8 curls to the front. Then do sets of 4 each way, then sets of 2 each way.

2  
MIN

## Seated Triceps Kickbacks

WATCH  
VIDEO

**Instructions:** Perform this exercise the same way you did in week #1, but change up the pace. Do two slow kickbacks and then four fast ones.

Make sure you are not just swinging your arms. The kickbacks are only effective if you squeeze at the top of the motion before you return to the starting position.

2  
MIN

## Seated Arm Circles

WATCH  
VIDEO

**Instructions:** Repeat all three movements for the entire 2 minutes.

Sitting tall in your chair, extend your arms straight out to your sides shoulder height. With your palms up, make small tight circle rotation backwards about 20 times. Now reverse that movement circling forward 20 times. Next, twist your hands and arms forward and back as if you were trying to twist the knob of a large door handle 20 times. Repeat for the remainder of the time.

2  
MIN

## Seated Chest Flys plus Military Presses

WATCH  
VIDEO

**Minute 1:** Start with the chest flys you did in week #1, but add a military press. This is done with your arms out and bent 90 degrees at shoulder height. Push them upward towards the ceiling and bring them back down to the "box" position. The motion will be IN for the chest press, OUT returning arms back to the starting box position, UP for the military press, and arms DOWN back to the starting box position. Repeat this sequence.

**Minute 2:** Now do the military press (up and down) 8 times before you do the chest flys 8 times. Then sets of 4, sets of 2 until the 2 minutes are over.

2  
MIN

## Seated Knee Lifts Combination

WATCH  
VIDEO

**Instructions:** Sit forward in your chair with your hands on your thighs as in week #1.

You are going to lift your bent right leg 4 times up and down. Now, with the same leg, tap your heel out and toe in 4 times.

Switch to the left leg and repeat. Press down with your hands that are on your thighs to make it harder for your muscles to lift your legs. This will increase your muscle strength and burn more calories.

2  
MIN

## Seated Calf Exercises

WATCH  
VIDEO

**Instructions:** Sitting tall in your chair with your feet firmly on the floor, raise your toes up and down 20 times. Now lift your heels up and down 30 times while squeezing your calves. Now alternate lifting toes up and down, then heels up and down. Keep doing these three exercises for the full 2 minutes.

2  
MIN

## Seated Straight Leg Lifts

WATCH  
VIDEO

**Instructions:** This is the same exercise you did for exercise #7 the first week. If you can, do these exercises a little higher and with more energy the second week.

Rest for 3 minutes

2nd Circuit

Repeat Circuit 1

## DAY 9 Active Rest

Do something active for 30 minutes

## DAY 10 Workout

Repeat workout from Day 8

## DAY 11 Active Rest

Do something active for 30 minutes

## DAY 12 Workout

Repeat workout from Day 8

## DAY 13 Workout

Repeat workout from Day 8

## DAY 14 Active Rest

Do something active for 30 minutes



You are now on the last week of exercises. You will be familiar with some of these movements, but there will be some variations and a few standing exercises that incorporate your chair.

## DAY 15 Workout

Do each exercise for 2 minutes with a 15 to 20 second rest between each exercise and 3 minutes of rest between circuits.

You will complete this circuit of 7 exercises twice. This should take you about 30 minutes total.

## 1st Circuit

(Rest 15-20 seconds between each)

2  
MIN

### Seated Bicep Curls



WATCH  
VIDEO



**Instructions:** Sitting straight in your chair with your arms down by your sides you will perform bicep curls as you have the other two weeks. This time for week #3 you will be adding in a third variation which is known as bicep cross. You will do this with your palms turned up and elbows at your sides. You will rotate one arm in front of your body and curl up, squeezing your bicep, and lower it back down before rotating your other arm to do a cross curl. You will perform one regular front curl, one regular side curl with arms together, then perform an alternating arm front curl before repeating the 3 curl varieties for the full 2 minutes.

**Modification:** To add more variety you can incorporate your lower body by lifting your knees up as you curl your arms. This is a little more advanced but it will also engage your abs by adding those knee lifts.

2  
MIN

### Overhead Tricep Extensions



WATCH  
VIDEO



**Instructions:** Sit tall in your chair and extend one arm over your head, making a fist with your hand. Now bend your elbow back so your fist is at the back of your shoulder. Press your fist back up towards the ceiling, squeezing your tricep at the top. Your bicep should remain close out to the side of your head during the full movement.

**Modification:** If your flexibility will not allow both arms together, continue the one arm exercise for the full 2 minutes.



2  
MIN

## Seated Arm Circles

WATCH  
VIDEO

**Instructions:** Perform this exercise as you did in week #2, but add in one more variation. After the small circles forward and backward, and doing the twisting exercise, now press downward with a small tight movements 20 reps. Now turn your palms upward and do tight presses towards the ceiling. You have 5 variations of movements. Keep doing all 5 until the 2 minutes are up.

2  
MIN

## Standing Leg Lifts with a Chair

WATCH  
VIDEO

**Instructions:** Stand next to your chair and hold on to the top of the chair with one hand for support. Lift your straight outside leg up and down. Do this 8 times to the front. Now lift the same leg out to the side 8 times. Vary the repetitions front and side for the 2 minutes.

**Modification:** If you feel up to it, you can add a straight-arm raise. As you raise the outside leg up and down, you can raise the outside arm with it—up and down. And as you raise the straight leg to the side, you can also raise the outside arm to the side.

2  
MIN

## Standing Leg Lifts With a Chair

WATCH  
VIDEO

**Instructions:** Repeat Exercise 4 on the other side of you chair with the opposite leg and arm for 2 minutes.

2  
MIN

## Chair Squats

WATCH  
VIDEO

**Instructions:** Stand in front of a chair with your feet hip-width apart. Keep your knees over your ankles and keep your weight in your heels. Do not allow your knees to travel in front of your toes. Keep your chest high and sit back slowly. You can hold onto the back of a chair for balance. Do this slowly for the full two minutes.

**Modification:** Maintaining the same form, you can seat yourself all the way on the chair before standing back up.

2  
MIN

## Seated Chest Flys plus Military Press

WATCH  
VIDEO

**Minute 1:** Start with the chest flys you did in week #1 but add a military press. This is done with your arms out and bent 90 degrees at shoulder height. Push them upward towards the ceiling and bring them back down to the “box” position. The motion will be in, out, up and down.

**Minute 2:** Now do the military press (up and down) 8 times before you do the chest flys 8 times. Then sets of 4, sets of 2 until the 2 minutes are over.

Rest for 3 minutes

2nd Circuit

Repeat Circuit 1

## DAY 16 Active Rest

Do something active for 30 minutes

## DAY 17 Workout

Repeat workout from Day 15

## DAY 18 Active Rest

Do something active for 30 minutes

## DAY 19 Workout

Repeat workout from Day 15

## DAY 20 Workout

Repeat workout from Day 15

## DAY 21 Active Rest

Do something active for 30 minutes

**Congratulations**, you have successfully completed your 21-day challenge. You should be proud of yourself. You did what you promised to do when you started the program. WOW!

Enjoy this feeling of achievement and don't allow yourself to forget how you feel right now!

Now the key is making what you've learned part of your daily life. Don't allow yourself to fall back into your old habits.

# Welcome to Your New Life!

