

The list provided is not one-size-fits-all. Injuries / mobility restrictions could make some exercises difficult and might need to be avoided altogether. If you instantly or progressively feel pain, please return to a comfortable position and modify or stop the exercise entirely.

Always keep safety in mind.

Below you will find exercises that can be carried out while in a sitting position and done in intervals of 5-10 reps or as tolerated by the individual.

1. Neck Stretch - Reduces tension around the neck.



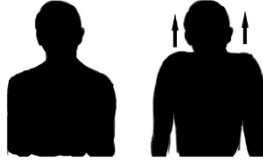
- Keep your back straight with both feet flat on the floor.
- Turn your neck to the left for five seconds.
- Turn it to the right for an additional five seconds.
- repeat

2. Neck Rotation - Improves flexibility and movement of the neck.



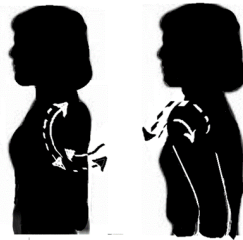
- Sit up straight.
- Rotate your neck 360 degrees in a circular motion clockwise.
- Repeat this process for a total of three times.
- Then rotate your neck counter clockwise.
- Repeat this process at your own pace for a total of 3 times

3. Shoulder Shrug - Good for the shoulder blades, upper back, and neck.



- Sit up straight.
- Shrug your shoulders straight up towards your ears.
- Then bring them back down to the starting position.

4. Shoulder Circles - Improves the shoulder and neck muscles.



- Sit properly with your back straight.
- Make a forward circle motion with your shoulders, repeat 5-10 times
- Then make a backward circle motion, repeat 5-10 times

5. Seated Arm Raise - A warm up for the arms.



- Sit up straight with both feet flat on the floor.
- Stretch both arms upward raising them over your head.
- Then bring them down to your knees.
- Repeat this process at your own pace.

6. Lower Back Stretch - A warm up for the back.



- Sit up straight with both feet flat on the floor.
- Use your lower back to bend down as far as you can attempting to touch your toes.
- Then bend back to the starting position.
- Repeat this process at your own pace and always keep safety in mind

7. Arms Forward and Back Stretch - A warm up for the arms and back.



- Sit up straight with your shoulders relaxed.
- Stretch both arms and hands straight in front of you pushing outward.
- Hold this position for two seconds.
- Then pull your hands back towards your chest by bending your elbows.
- Repeat this process at your own pace.

8. Side Stretch - A warm up for the arms and shoulders.



- Stretch your right arm outward and back towards the right side of your chair.
- Then stretch down towards the floor.
- Keep this position for two seconds.
- Then go back to a straight seated position.
- Perform this process for the left arm also.

- Repeat this at your pace, alternating between both arms.

9. Seated Crunches - Activates the muscles around the abdomen.



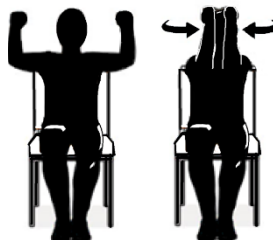
- Sit up straight with both knees bent.
- Cross both arms resting your hands on your shoulders.
- crunch forward towards your knees.
- Then return to the upright position.
- Perform this exercise at your own pace and within range of abilities.

10. Arm Curls - Activates and strengthens the biceps.



- Sit properly with your back straight.
- Keep your arms straight hanging them by your sides.
- Close your palms as if you are holding a dumbbell in each hand.
- Keep your elbows tucked in by your side.
- Bend your arms at the elbows bringing your fists towards your shoulders.

11. Chest Fly - Works out the pectoral muscles and shoulder joints.



- Sit comfortable on your chair with both feet resting flat on the floor.
- Outstretch both arms to the side.
- Bring your arms together in front of your chest while slightly bending your elbows.

- Then bring your arms back slowly to the starting position opening your chest while keeping your posture upright.
- Perform this exercise at your own pace and within your range of abilities.

12. Ankle Stretch - Loosens and improves the flexibility of the ankles.



- Stretch out your leg.
- Raise it upwards slightly.
- Point your toes away from you.
- Then point them back towards you.
- Perform these steps for the other leg.

13. Ankle Circles - Improves ankle strength and flexibility.



- Sit up straight.
- Stretch one leg up.
- Rotate in circles to the left and right.
- Perform these same steps with the other ankle.

14. Seated Leg Lifts - Good for the knees and activates the back leg muscles.



- Sit on your chair with your feet flat on the floor.
- Outstretch one leg.
- Flex your foot up towards you.
- Raise your leg up a few inches.

- Perform these steps with the opposite leg.

15. Progressive Marching - Strengthens leg muscles and improves functional mobility for frail residents.



- Keep both feet flat on the floor.
- Lift one leg at a time.
- Then lower it back to the floor.
- Alternate lifting and lowering both legs.
- Start slowly at your own pace.

16. Knee Lifts - Strengthens the hip and thigh muscles.



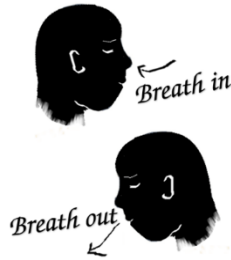
- Clarify how many time Begin from a seated position on your chair.
- Slowly lift one knee towards your chest.
- Then lower it back down while keeping it in a bent position.
- Repeat this same process with the other leg.

17. Hand Exercise.



- Spread your fingers open wide palms facing up.
- Make a fist wrapping your thumb across your fingers.
- This workout can also work well with a stress ball through squeezing and keeping pressure in every interval.

18. Breathing Exercise - Strengthens muscles, relaxes the mind, promotes calmness, and energizes the body.



- Inhale deeply with your lips pursed.
- Hold your breath and count to three.
- Breath out slowly through your mouth.

