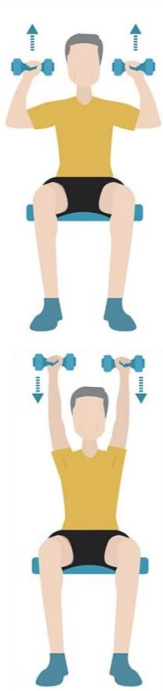





Seated Exercises

Below find some seated-exercises to try out. These exercises will help to strengthen your muscles to keep them strong and healthy. Plan to complete “3 sets of 10 reps” (“3 / 10”) per exercise. This means that you will repeat the given exercise motion 10 times, then take a rest break. Then, complete 10 more repetitions (reps), rest, then complete a final set of 10 reps.

Seated Exercise	Sets/Reps	How-To	Example
Shoulder Press	3 / 10	<ol style="list-style-type: none"> 1. Choose a pair of low weight dumbbells 2. Sit comfortably in the chair with your hips as far back as possible. Ensure that your back is firm to the backrest of the chair. 3. Keep the core (abs and back) tight. 4. Start with both elbows spread to the sides of the body and align them under the shoulders. Stick the chest out. 5. Face the body straight, palms forward, gripping the dumbbells. 6. Extend the arms up, reaching above the head until they're fully extended (or get to a range that feels most comfortable). Don't touch the hands together and keep both arms parallel to each other. 7. Once the arm's extension limit has been reached, slowly bring the hands down to the starting position, keeping the elbows spread. Don't tuck the elbows toward the middle of the body, extend them out till the top of the back feels a pinching sensation (not hurting) at the shoulder blades. 	
Bicep Curls	3 / 10	<ol style="list-style-type: none"> 1. Grab a pair of low-weight dumbbells 2. Sit comfortably in the chair with your hips as far back as possible. Ensure that the back is firm to the backrest of the chair. 3. Keep the core (abs and back) tight. Stick the chest out. 4. Keep both arms to the sides of the body, let them hang naturally with both palms facing forward, keeping the elbows tucked (at the sides of your body). 5. Proceed to move both forearms in a curling motion from the sides of the body to the front of the shoulders 6. While keeping tension, slowly lower both forearms back to the starting position. 	

Seated Exercise	Sets/Reps	How-To	Example
Torso Twists	3 / 10	<ol style="list-style-type: none"> 1. Grab a ball, one dumbbell (or similar object) to hold with both hands. 2. Sit comfortably in the chair toward the edge of the seat for extra room. Keep the core (abs and back) tight. Stick the chest out. Both hands should be in front of the body gripping the sides of the object, with elbows bent. 3. Lift the ball a couple inches off the lap then rotate the upper body to the right, keeping the ball in front of the body. 4. Rotate to the middle of the body then rotate to the left, finish by rotating back to the middle. 5. Each "rep" is one full rotation. 	 
Leg Extensions	3 / 10	<ol style="list-style-type: none"> 1. Sit comfortably in the chair with your hips as far back as possible. Ensure that your back is firm to the backrest of the chair. 2. Keep the core (abs and back) tight. Stick the chest out. 3. Place both hands at the sides of the chair and grip the seat to keep stable. 4. Keep both legs at a 90-degree angle with the chair. 5. Extend one leg in front of the body up in the air until full extension is made (leg is straightened). Keep the other leg in its original position for stability. 6. Slowly draw the first leg back to the starting position. 7. Repeat for both legs to count as one repetition. 	