

Written exercises from Becky Adams – Changing Lives Seated exercise class

POSTURAL CHECK

Start with a straight back
Chest lifted
Shoulders relaxed
Legs and shoulder hip width apart
Head facing forwards

This is to make sure that you have a good posture from the onset.

Session 1

WARM UP

Shoulder shrugs
(lift shoulders up and down to ears)
X 10
Shoulders circles backwards
(Lift shoulders up,back and down)
X 10
Shoulders squeezes
(Bent elbows pull shoulder blades in and return)
X 10
Trunk rotations
(Cross arms over chest rotate top half of your body to the right centre to the left centre)
Be sure to keep strict posture throughout.
X 10
Side bends
(Set up arms down by sides and lean to the right centre to the left centre)
Be sure to keep strict posture throughout.
X 10

Mobilise your ankles by doing ankle rotations in each direction

X 10 right/left

March legs on the spot for a count of X 30

REPEAT SEQUENCE TWICE

STRENGTH

Sit to stand

(Sit 2/3 forward into the front of the chair cross your arms over your chest, check your feet and knees are facing forwards and your knees are over your toes, Lean your head and shoulders forwards and rise to a standing position, ensure you straighten your legs out on every stand, back to seated and repeat)

Aim to do five in 15 seconds

Standing with support of a chair if needed

All exercises in a standing or seated position you must have your legs a hip with apart shoulders relaxed, back straight chest lifted and not looking at the floor.

Calf raises

(Rise onto your tiptoes and back down to starting position)

X 10

Heel raises

(Rise onto heels by lifting your toes and back to starting position)

X 10

March on the spot

X 30

Side legs/Outer thighs

(Facing your chair with hands on top if needed, take one leg out to the side check that your knee and toe faces forwards return back to starting position)

X 10 right/left

Rear leg lifts

(Hips facing your chair take one leg off the floor and lift it backwards leading with the heel of your foot keep your leg straight during exercise)

Return to starting position.

X 10

Front leg raise

(standing to the side of your chair lift one of your legs out straight and forwards, back down to starting position, keeping your legs straight throughout, if you want to work harder keep your heel off of the floor all the way through)

X 10

REPEAT THIS SECTION TWICE

Core strength

Super men/women

Stand at the back of your chair, both legs a hip with the part using hands for support on the chair. Extend one leg behind you keeping it straight whilst taking your opposite arm out in front of you keeping it straight. Aim to keep your body in a straight line by keeping your head facing forwards and your hips facing forwards.

This is such an excellent exercise you can't do too many. It will help your stability your balance and your posture.

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X 10 repeat twice

Arms standing/seated

Chest strength

Take your arms to chest height push both hands forwards until you have straightened out your arms.

X 10

Shoulder press

Take your hands to shoulder height push your arms up to the ceiling and slightly in front of your forehead. Return your arms to starting position be sure to keep your elbows in line with your chest.

Take your hands to shoulder height push your arms up to the ceiling and slightly in front of your forehead. Return your arms to starting position be sure to keep your elbows in line with your chest.

X 10

Back of arm/triceps

Take your hands either side of your body shoulders relaxed straightening your arms behind you slightly turning the palms of your hands to the ceiling and return to starting position.

X 10

Front of arms/biceps

Drop your arms down by your side check that your elbow stay securely next to your body lift your hands to your shoulders and return to starting position. A curling movement.

X 10

Upper back strengthener

Start with both of your hands facing up to the ceiling elbows tucked into the side of your waist.

Reach your arms out in front of you as far as you can, pull your arms back leading with your elbows.

X 10

REST AND REPEAT THIS SECTION

X 2

If you are struggling with any of these exercises use them as a guide and aim to work towards. Do them every day.

It is essential to keep your strength and power so by practising these exercises every day for five minutes will mean you can carry on doing your every day activities. Keep moving keep strong.

I welcome any feedback this is about you and how I can help you at a distance so I look forward to hearing from all of you.

With Best wishes keep well, keep safe and keep strong.

Lots of love Becky until we see each other again.

Session 2

WARM UP

SIT TWO THIRDS FORWARDS IN CHAIR

BACK STRAIGHT

SHOULDERS RELAXED

SHOULDER CIRCLES RIGHT / LEFT / BOTH
X 10 REPEAT 3 TIMES

SHOULDER SHRUGS BOTH ARMS
X 10 REPEAT 3 TIMES

SIT TALL AND LENGTHEN THROUGH SPINE REACH DOWN EACH SIDE
X 10 REPEAT 2 TIMES

CROSS ARMS OVER CHEST ROTATE.
TURN YOUR HEAD AND BODY INTO EACH MOVE RIGHT/ CENTRE / LEFT
X 10 REPEAT TWICE

MARCH LEGS ON THE SPOT USE BOTH ARMS
X 10 REST AND REPEAT 3 TIMES

FEET HIP WIDTH APART LIFT BOTH HEELS UP. THEN LIFT BOTH TOES UP
X 10 REST AND REPEAT 3 TIMES

WRIST ROTATIONS CIRCLE IN ONE DIRECTION THEN THE OTHER DIRECTION
X 10 EACH WAY REPEAT 2 TIMES

PLACE HANDS ON LAP AND DO A HALF PRESS UP ELBOWS BENT AND COMING OUT TO THE SIDES OF
BODY
X 10 REST AND REPEAT 2 TIMES

LEG EXTENSIONS EXTEND LEG FROM KNEE ONE AT A TIME FLEX FOOT AND FEEL THIGH MUSCLE
TIGHTEN UP
X 10 REST AND REPEAT 3 TIMES

HIP WALK BOTTOM INTO THE BACK OF CHAIR
HIP WALK BOTTOM TWO THIRDS FORWARD INTO CHAIR
X 5 FORWARD AND BACKWARDS REST AND REPEAT 2 TIMES

THATS THE WARM UP OVER IF YOU ARE NOT SUFFICIENTLY WARM REPEAT WARM ONE MORE TIME
THROUGH

STRENGTH EXERCISES

SIT TO STAND IF PHYSICALLY ACHIEVABLE

SIT TWO THIRDS FORWARD IN CHAIR CROSS ARMS OVER CHEST LEGS HIP WIDTH APART LEAN HEAD
AND SHOULDERS FORWARDS ON STANDING
STAND TALL LENGTHEN THIGHS
X 10 REST REPEAT 2 TIMES

SEATED OPTION

SIT TWO THIRDS FORWARDS IN CHAIR

LEGS HIP WIDTH APART CROSS ARMS OVER CHEST

LEAN HEAD AND SHOULDERS FORWARDS ALMOST TO THE POINT OF BEING ABLE TO LIFT YOUR BOTTOM OFF THE CHAIR

KEEP KNEES SEPARATED

X 10 REST REPEAT 2 TIMES

SEATED OR STANDING

SIDE TAPS ON CHAIR ALTERNATE LEGS

KEEP KNEE IN LINE WITH ANKLE

X 10 REST REPEAT 2 TIMES

STANDING

STEP LEG TO THE SIDE OF YOUR BODY ALLOWING BODY WEIGHT TO GO THROUGH LEG

ALTERNATE LEGS

X 10 REST REPEAT 2 TIMES

SIT TWO THIRDS FORWARDS IN CHAIR

LOWER BACK

ARMS DOWN BY SIDES OF BODY

LEAN FORWARDS WITH YOUR BACK STRAIGHT AS IF YOU WERE PUTTING TWO BAGS OF SHOPPING DOWN

COME BACK UP TO SEATED WITH A TALL BACK THROUGHOUT

X 10 REST REPEAT 2 TIMES

STANDING

LEGS A SHOULDER WIDTH APART

KNEES AND TOES FACING FORWARDS

ARMS DOWN BY SIDE

IMAGINE YOU ARE PUTTING TWO BAGS OF SHOPPING DOWN STICKING YOUR BOTTOM OUT ON DESCEND

KEEP YOUR BACK STRAIGHT SQUEEZE B.

BUTTOCKS ON STANDING

RETURN TO STARTING POSITION

X 10 REST REPEAT 2 TIMES

STANDING

LEGS SHOULDER WIDTH APART KNEES AND TOES FACING FORWARDS

SQUAT DOWN COME UP AND DO A SIDE LEG RAISE ALTERNATE LEGS

X 10 REST AND REPEAT X 3

ALTERNATIVE IF YOU HAVE SORE KNEES

LEGS A SHOULDER WIDTH APART KNEES AND TOES FACING FORWARDS

TIP TOE RAISE SIDE LEG RAISE ALTERNATE LEGS

X 10 REST AND REPEAT X 3

MARCHING KNEES SEATED OR STANDING

X 30 REST

STANDING

LEGS A SHOULDER WIDTH APART KNEES AND TOES FACING FORWARDS

SQUAT DOWN COME UP AND DO A REAR LEG RAISE ALTERNATE LEGS

X 10 REST AND REPEAT X 3

KNEE FRIENDLY ALTERNATIVE

TIP TOE RAISE REAR LEG RAISE ALTERNATE LEGS

X 10 REST AND REPEAT X 3

SIDE STEPPING

X 10 TO RIGHT THEN LEFT

KEEP STRICT TECHNIQUE HIPS MUST STAY FACING FORWARDS

KNEES AND TOES MUST FACE FORWARDS

X 10 REST AND REPEAT X 3

ALTERNATIVE IF YOU HAVE SORE KNEES

LEGS A SHOULDER WIDTH APART

STANDING WITH OPTIONAL CHAIR SUPPORT

SINGLE LEG STAND

AIM 30 SECONDS EACH LEG

STEP ONE FOOT IN FRONT OF THE OTHER (TANDEM STAND)

THE MORE IN LINE YOUR FEET THE TOUGHER THE CHALLENGE

CHEST LIFTED AND BACK STRAIGHT

CHECK HIPS ARE SQUARE AND FACE FORWARDS

EYES FIXED ON SOMETHING THAT DOESN'T MOVE

USE SUPPORT WHERE NECESSARY

AIM TO HOLD POSITION FOR 30 SECONDS

TO PROGRESS EXERCISE MINIMISE SUPPORT

IF YOU CAN TAKE ONE ARM OR BOTH ARMS UP TO CHEST HEIGHT

LOOK AT THE TOP OF YOUR THUMBS OR THUMB

TAKE ARM OR ARMS UP TO THE CEILING

FOLLOWING THUMB/THUMBS WITH EYES

RETURN TO STARTING POSITION

REPEAT X 3

KEEP YOUR EYES ON YOUR THUMB/THUMBS

ROTATE YOUR UPPER BODY TO THE RIGHT/ CENTRE /LEFT

YOU SHOULD FEEL YOUR TUMMY AND BACK MUSCLES WORKING

YOU MUST KEEP YOUR HIPS FACING FORWARDS

REPEAT X 3

SEPARATE FEET TAKE A MARCH
X 30

HEEL WALKING
STAND TALL LIFT TOES AND WALK SLOWLY AND STEADILY FORWARDS
OR KEEP ON THE SPOT
X 10 REST TURN AROUND
REPEAT X 3

TOE WALKING
STAND TALL RISE ONTO TIP TOES WALK SLOWLY AND STEADILY FORWARDS
OR KEEP ON THE SPOT
X 10 REST TURN AROUND
REPEAT X 3

LEGS A HIP WIDTH ARMS IN CENTRE OF BODY
SQUAT DOWN WITH HEELS IN CONTACT WITH FLOOR
REACH HANDS DOWN TO FLOOR
KEEP ARMS CLOSE TO BODY AND REACH UP TO THE CEILING
RISE ONTO YOUR TIPTOES
X 5 REST
REPEAT X 2

STAND WITH WIDE BASE OF SUPPORT
KNEES AND TOES FACING FORWARD
SWEEP ARMS DOWN BY THE SIDES OF YOUR BODY (WINDMILL ARMS)
X 10 FORWARDS
X 10 BACKWARDS

CORE STRENGTH
STAND BEHIND CHAIR
HANDS ON TOP OF CHAIR
EXTEND ONE LEG BEHIND REACH OPPOSITE ARM OUT IN FRONT
HOLD FOR 8 - 10 SECONDS
REPEAT EACH LEG X 5