

CHAIR EXERCISES

Follow all key points indicated in each exercise to ensure movements are done correctly. At all times, take into account your range of motion.

0. WARM-UP:

Sit down, point your toes and rotate your shoulders forward 10 times, then backward 10 times.

Repeat twice.



1. KNEE EXTENSIONS

- Sit with your leg on the chair to contract your thigh.
- Straighten the knee to extend the leg.
- Keep your back straight and look straight ahead.
- Do one leg at a time.

**2 sets of 10 to 12 repetitions/leg,
1 minute rest period between sets.**



2. CHAIR JOGGING

- Raise your knees to the ceiling alternately.
- Swing your arms on each side of your body.
- Keep your back straight and look straight ahead.

**2 sets of 30 to 45 seconds,
1 minute rest period between sets.**



3. CHAIR JUMPING JACKS

- Outstretch your legs and lift your arms to shoulder height at the same time.
- Bring your arms and legs back near your body.

Alternative: Can be done one side at a time or both sides at the same time.

**2 sets of 10 to 12 repetitions,
1 minute rest period between sets.**



4. CHAIR BOXING

- Clench your fists.
- Extend your elbows forward alternately.
- Keep your back straight and look straight ahead.

**2 sets of 30 to 45 seconds,
1 minute rest period between sets.**

5. CALF AND HIP STRENGTHENING

- Raise your heels to contract your calves, then push on your knees to create resistance.
- Outstretch your knees to each side, while remaining on the tip of your toes.
- Return to the starting position.

Alternative: Can be done one side at a time or both sides at the same time.

**2 sets of 10 to 12 repetitions/arm,
1 minute rest period between sets.**



6. LATERAL ARMS RISES (BENT ELBOWS) WITH OPENING

- Place your arms at your side with your elbows bent at 90 degrees.
- Lift your arms away from your body, elbows outward to shoulder height.
- Bring your hands up, keeping your elbows at shoulder height.
- Repeat the reverse movement to return to the original position.

Alternative: Can be done one side at a time or both sides at the same time.

**2 sets of 10 to 12 repetitions/arm,
1 minute rest period between sets.**

7. COOL DOWN:

Sitting down, put one hand on your chest and the other on your stomach. Be sure to inflate only the lower abdomen when breathing in. Repeat for 5 deep breaths while sitting.

Standing up, take 5 deep breaths by slowly raising your arms above your head as you inhale through your nose and then lowering them down at your side as you exhale.

Photos: Anne-Josée Beaudoin

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The training plans are created by the kinesiology graduates of the Université de Sherbrooke.

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