Chair-based Exercise Class

Name: **Venue:** **Date:**

Working seated position.

All exercises are best performed sitting towards the front half of the chair.

- Knees and feet should be hip width apart and feet flat to the floor and hands by sides.
- Knees directly over ankles.
- Keep stomach muscles pulled in and back off the back of the chair.
- Sit tall, back lifted to create a space between the hips and the ribs.
- Shoulders down and relaxed and chin parallel to floor.
- Keep breathing comfortable at all times.

The Rest Position

- Sit as described above except for walking the hip back until the spine reaches the back of the chair
- The spine should feel fully supported enabling the participant to take a full rest.
- Return to the working position when ready.

Exercise No.	Exercise	Reps & Time	Technique Points	Adaptations Where appropriate
Warm up: 10 Minutes				
Circulation Boosters 1 All exercises start in the "working position"				
1a	**Toe taps**	8 each foot	Gently tap alternate toes onto the floor.	Extra time given to disabled adults with lower limb difficulties.
1b	**Heel/toe taps**	8 each foot	Plant the heel of your left foot into the floor, then lift it and tap the toes - perform a few repetitions with the left foot and then repeat on the right.	As above.
1c	**Leg marching**	16 marches	Lift knees building slowly to a leg march (no arm movement). Keep elbows at side of body. Avoid twisting the body. Maintain good posture throughout.	Keep toe in touch with floor if this exercise is too hard. Extra time given if necessary.
1d	**Arm swings**	16 arm swings	Keeping arms bent, swing your left arm forwards as you swing the right back; switch arm positions, and then continue alternating - one forward and one back.	Swing the arms at a lesser range if upper body mobility is compromised.
1e	**Clap hands wide**	10 claps	Take your hands out to the side at waist height and bring them together forming a clap.	Narrow the position if this is difficult due to poor ROM.

1f	**Clap hands narrow**	10 claps	Keep hands at waist height and clap hands.	In adults with left or right side compromised, the moving hand can clap the static hand on lap.
1g	**Clap hands, add thigh tap**	10 reps.	Tap your thighs with both hands and then clap at waist height - continue alternating the thigh tap and clap	Keep to clap hands narrow if upper body movement is compromised.
1h	**Clap swing**	10 reps.	Tap your thighs with both hands and then turn your torso to the left as you perform a clap at chest height. Turn to the front and tap your thighs again, before twisting your torso to the right and doing another clap. Continue alternating left and right torso twists/claps after each thigh tap.	Keep to the front if this is difficult due to poor ROM or coordination.
	Repeat the above twice using marching as a holding pattern where necessary.			
	Mobilisers – all start in the "working position"			
2a	**Shoulder lift**	4 reps	Lift the shoulders gently up. Lower gently. Control the move as much as possible.	
2b	**Shoulder rolls**	4 reps each direction	Roll the shoulders forwards, ease both shoulders backwards (squeezing the shoulder blades together), then up towards the ears; then pull them forwards and down – try to ensure the movement is smooth, continuous and controlled, going through the largest range of movement possible. After a few repetitions, roll your shoulders backwards by reversing direction (i.e. pull shoulders forwards, raise them and then pull them back and down).	
2c	**Side bends**	8 bends	Keeping a good posture, ease your left hand down the left side bending as you do so. Return to sitting position. Repeat other side. Move as if between two sheets of glass. Keep thighs in contact with chair.	
2d	**Ankle activators**	4 reps each side	Straighten out the leg. With the left foot off the floor, point the left foot toes forward and then back towards you. Repeat a few times and then change leg.	Heel can be placed on the floor.

2e	**Wrist activators**	4 reps each side	Bend your arms at the elbows, so your hands are at chest level; from here, circle your wrists inwards. After a few repetitions, circle the wrists outwards.	In adults with left or right side weakness, the hands can be interlocked and then the wrists rolled.
2f	**Trunk twists**	8 turns	Place your left hand on the back of the chair and your right hand on the left knee, slowly turning the body and neck. Keep the thighs in touch with the chair. Return to the front and change direction.	It may not be possible to place the hand on the back of the chair so turn gently until you find the level at which you can twist.
		Circulation Boosters 2 All exercises start in the "working position"		
3a	**Marching**	16	Slow, controlled march by lifting alternate knees whilst doing the arm swing. As a knee is raised, swing the opposite arm forwards.	Alternate leg and arm movements if this is too difficult.
3b	**Tap and Clap**	16	Tap hands lightly on thigh and clap hands at waist height while marching.	Alternate leg and arm movements if this is too difficult.
3c	**March with clap swing**	16	March and tap your thighs with both hands and then turn your torso to the left as you perform a clap at chest height. Turn to the front and tap your thighs again, before twisting your torso to the right and doing another clap. Continue alternating left and right torso twists/claps after each thigh tap.	Alternate marching and clap swing if this is too difficult. Keep to Circulation Booster 1 level exercises if too difficult.
		Repeat the above twice using marching as a holding pattern if necessary.		
		Stretches All exercises start in the "working position"		
4a	**Back of thigh stretch**	8 to 10 seconds each side	Straighten the left leg out in front, resting the heel on the floor so toes point forwards. Place both hands just above the right knee so that the upper body is supported. Bending from the hip, lean forwards until a stretch is felt in back of thigh – ensure the chest is lifted and the spine is lengthened throughout. Repeat for other leg.	The straight leg may have a slight bend if it is too uncomfortable to hold the leg straight (particularly in very frail adults).
4b	**Chest stretch**	8 to 10 seconds	Hold the back of the chair and lean forward. Pull the shoulders so that you can feel the stretch in the chest.	Hold the bottom of the chair if there is poor ROM in shoulders.

4c	**Calf stretch**	8 to 10 seconds each leg	Straighten the left leg out in front, resting the heel on the floor so toes point upwards towards the ceiling. Bring hands onto chair at each side of the body and lift into a long back. Pull the toes of the left foot back towards the shin and slide the heel further forward until a stretch is felt in the left calf. Repeat on other leg.	The straight leg may have a slight bend if it is too uncomfortable to hold the leg straight.
4d	**Trunk twist stretch**	8 to 10 seconds each side	Sit tall in the chair. Reach the left hand to the back of the chair and the right hand on left thigh. Lengthen the spine and turn head and shoulders gently into the stretch. Repeat in other direction.	If it is difficult to hold the chair, turn into the stretch and place hand on hip to assist the twist.
4e	**Upwards side stretch**	8 to 10 seconds each side	Sit tall in the chair and reach your left hand upward and over to the right. Support the lifted arm with the other hand.	Hold onto chair if you need extra stability in the chair. An easier option would be to keep the hands at the side and lean into the stretch.
Main Workout : 15 -20 mins				
Circulation Boosters 3				
All exercises start in the "working position"				
5a	**Marching**	16 reps.	March by lifting alternate knees whilst doing the arm swing. As a knee is raised, swing the opposite arm forwards. Use this as a holding pattern if other exercises are too difficult.	Alternate leg and arm movements if this is too difficult. If any of these exercises are too difficult, return to CB2 or CB3 exercises.
5b	**Canoeing**	16 reps.	Move the arms as if holding a paddle. Hold your left hand a few inches above your right, in front of your left shoulder; now pretend you are paddling by pulling your hands down towards your right hip. Now repeat on the other side by holding the right hand above the left in front of the right shoulder, and this time pulling down to the left hip. Alternate movement.	Both hands can be clasped together if range of movement is limited in one side of the body.

5c	**Sit, stand and clap**	8 reps.	With your hands on your thighs, fingers pointing in, and lean forwards push up through your heels to stand up and then clap. Sit back down and repeat.	Slow down or speed up the movement to suit individual needs. If mobility is really poor, then extra time can be given. Some assistance can also be given (possibly after class).
5d	**March and sprint**	10 – 20 seconds	Alternate between marching and sprinting, using arms and legs.	Slow down or speed up the movement to suit individual needs.
Repeat the above twice, using marching exercise as a holding movement where necessary.				
Strengthening Exercises **All exercises start in the "working position"**				
6a	**Upper back strengthener**	8	Lay the band across the leg and slide hands under so that the palms are faced upwards once you grip the band. Keeping your elbows fixed into your sides, pull the band apart, squeezing your shoulder blades together. Release tension on the band, and return to the starting position. When finished, relax the arms by lowering the hands back onto the lap and then repeat the exercise.	Harder or easier weight band. Increased or decreased distance between hands in the start position, this will loosen or tighten the resistance of the band. Without resistance bands.
6b	**Thigh strengthener**	8 each leg	Threat the band under the left foot and take each hand up to the knee with the band still relaxed. Raise the knee (and hands) off the floor then bring the hands onto the hips. Slowly straighten the leg and then return it to the bent position. Repeat lengthening and bending the leg several times before changing onto the other one.	Harder or easier weight band. Increased or decreased slack in the band when starting. Without resistance bands. Keeping the leg off the floor or returning it to the floor each repetition. In adults with right or left side upper body problems, then both ends of the band can be held in the good hand. Some extra assistance may be needed.

6c	**Arm curl**	8 each arm	Place the band under one foot and hold end in one hand. The loose end of the band is at the little finger end. Ensure that the band is taut. Keep the elbow in at the side and bend the arm, ensuring that the hand is in a "hammer curl" position. Bend the arm as far as possible and then return to start position. Repeat 8 times and then change to the other arm.	Harder or easier weight band. Increased or decreased slack in the band when starting. Without resistance bands. In adults with right or left side upper body problems, then both ends of the band can be held in the good hand. Some extra assistance may be needed.
7c	**Backward arm press**	8 each arm	Place the band under one foot and hold the end in one hand. The loose end of the band is at the thumb end. Ensure the band is taut. Draw the hand backwards to the hip to start. Expend the arm backwards so that the arm straightens at the elbow. Return the hand to the hip. Repeat 8 times and then change to the other arm.	Harder or easier weight band. Increased or decreased slack in the band when starting. Without resistance bands. Also the back arm press can be done with the whole arm (no extension of the elbow).
7d	**Outer thigh strengthener**	8 reps.	Start with feet together. Take the band under the legs and over the top ensuring that you hold onto both layers. The band should be close to the knees. Walk the feet to hip distance apart, then widen the distance between the knees and slowly return.	Harder or easier weight band. Increased or decreased slack in the band when starting. Without resistance bands. The higher up the legs (away from the knees) the easier this exercise becomes.
7e	**Sit to Stand**	Repeat x 4	Sit on the front third of the chair. Bring the feet slightly back so that they are under the knees and hip distance apart. Bring the hands onto the thighs. Tighten the abdominal muscles. Push down through the heels into a standing position. Walk slowly back until you can feel the chair against the back of your legs and then sit.	Hands on chair and help with a slight push up. Hands clasped in front to bring centre of gravity forward. Hover just of the chair and stand. Add resistance band under one or both feet. Alternatively perform the sit, stand and clap exercise from CB3. Extra help can be given to adults with difficulty standing (possibly after class)

7f	**Wrist strengthener**	4 each	Roll the resistance band into a tube shape. Hold vertically with one hand at the top and one below. Twist and turn the band as if wringing out a cloth. Then squeeze and pull. Twist and pull. Then squeeze twist and pull. Hold horizontally and do the same.	Using a towel. Fold the band from its tube position (in half) and perform one-handed exercises.
7g	**Ankle strengthener**	8 reps	Sit forward in the chair with elbows on knees and form across the thighs. Raise and lower heels.	Sitting upright. Using a towel under foot for resistance. Raise each foot separately.
7h	**Chest strengthener**	8 reps	Bring the band around the back so that the ends are threaded under the arms. Bend the elbows and hold onto the bands roughly at chest height. Press the hands forwards. Return slowly and repeat.	Harder or easier weight band. Increased or decreased slack in the band when starting. Without resistance bands.
Cool Down - 10 minutes				
Circulation Lowerer **All exercises start in the "working position"**				
8a	**March with clap swing**	16	March and tap your thighs with both hands and then turn your torso to the left as you perform a clap at chest height. Turn to the front and tap your thighs again, before twisting your torso to the right and doing another clap. Continue alternating left and right torso twists/claps after each thigh tap.	Alternate marching and clap swing if this is too difficult. In adults with left or right side compromised, the moving hand can clap the static hand on lap.
8b	**Tap and Clap**	16	Tap hands lightly on thigh and clap hands at waist height while marching.	Alternate leg and arm movements if this is too difficult.
8c	**Clap hands narrow**	10 claps	Keep hands at waist height and clap hands.	In adults with left or right side compromised, the moving hand can clap the static hand on lap.
8d	**Toe taps**	8 each foot	Gently tap alternate toes onto the floor.	
Pelvic Floor **All exercises start in the "working position"**				

9a	**Pelvic Floor Strengtheners**	6 – 10 reps.	Tighten the pelvic floor muscles by squeezing as if trying to stop the release of urine – hold for a couple of seconds and release. Encourage participants to repeat this up to six times a day. Repeat this exercise, but this time tense and relax the pelvic floor muscles as quickly as possible for ten repetitions.	Use imagery to help identify the muscles (such as sitting in ice bath or plunging quickly in ice bath).
Cool Down Stretches – same as starting stretches but held for 10-15 seconds All exercises start in the "working position"				
Relaxation Start by sitting back in the chair. Lead a relaxation session by working through all parts of the body visualizing the relaxation and loosening of the muscles, allowing comfortable rhythmic breathing. Starting at the top of the body working down to the toes. Eyes can be closed and hands at rest.				
Revitalising Taking the hands up over the head in a big "early morning" stretch with a deep in breath. Allow the whole body to wake up. Repeat.				