

14 Daily Chair Exercises

The seated routine, on one page

THE MOVE	HOW MANY	THE MOVE	HOW MANY
1. Seated marching	20 total	8. Wrist rolls	15
2. Overhead reach	10	9. Seated jacks	15
3. Leg extensions	10 per leg	10. Knee hugs	5 per leg
4. Torso twists	10 per side	11. Ankle rotations	10 per foot
5. Heel raises	15	12. Chest squeeze	hold 10 seconds
6. Arm circles	20 seconds	13. Forward reaches	12
7. Neck glides	8 per side	14. Side reaches	8 per side

How to do the routine

In order, daily, about 12 to 15 minutes start to finish. Use a stable chair without wheels and sit tall toward the front, feet flat, breathing naturally.

Safety

If a move causes true pain (not effort), skip it and keep going. Osteoporosis, recent surgery, or unsure? Check with your doctor or physical therapist first.