

It's easy to combine strength training and cardio exercises while seated.  
First do flexibility exercises (1-6).  
Then follow the routine below.

- \* "March" for 6 minutes as shown below **How to "March" While Seated**. Move your arms gently for the first 2 minutes. Slightly increase your tempo for the next 2 minutes. Quicken tempo for last 2 minutes. Remember to raise legs and opposite arms in a steady marching motion
- \* While continuing to use your legs while seated to march at a steady pace, use your hands, or hand weights (dumbbells) to do strength exercises (7-12)
- \* Raise your legs, one at a time, to march while seated through each exercise. When you've finished, if you use weights, put them down, and finish without them,
- \* March for 2 minutes very quickly, raising each leg and opposite arm in a steady motion as shown in **How to "March" While Seated**.
- \* March while seated for 2 more minutes, raising each leg and opposite arm at a slightly decreased pace.
- \* March while seated for your last 2 minutes, raising each leg and opposite arm at a slow pace. You have now completed cardio exercises and strength training.
- \* Finish up with flexibility exercises (1-6) from this guide.

### How to "March" While Seated



Sitting on the front edge of the chair, "march" with your arms and legs. Do this by alternating between raising your left leg and right arm and raising your right leg and left arm in a steady marching motion

### To get the most out of your 12-Step Chair Exercise Program:

1. Sit tall, with chin parallel to floor, ears over shoulders, shoulders over hips, tummy in, feet flat on floor.
2. Breathe properly: Inhale as you prepare to do an exercise. Exhale as you perform it. Keep tummy in.
3. Perform strength training exercises every other day. Do cardio and flexibility exercises daily.
4. Before starting any exercise program, consult a medical professional.
5. To perform this 12-step routine, start with flexibility exercises (1-6), then do cardio and strength training (exercises 7-12 on alternate days). End by repeating flexibility (1-6). Note that all exercises here can be done with or without hand weights or balls.

**Benefits of Flexibility Exercises:** increase circulation, increase blood supply to joints, improve posture, decrease muscle soreness, decrease risk of injury.

**Benefits of Strength Exercises:** burn more calories, increase bone density, build muscle, decrease risk of injury, lower blood pressure, reduce arthritic pain, decrease risk of heart disease.

**Benefits of Cardiorespiratory Exercises:** burn fat, strengthen your heart, build muscle, improve mental state, reduce risk for a variety of medical conditions, including heart disease, diabetes, stroke, and osteoporosis.

# Chair Exercises for Fitness

*Improve your Flexibility, Strength and Cardiovascular Health, all while seated!*



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## Flexibility Exercises



**Shoulder Circles**  
**Works:** shoulder and upper back.  
 Improves range of motion in them.

- Slowly circle shoulders forward 5 times
- Slowly circle them backwards 5 times



**Neck Stretch**  
**Works:** neck muscles  
 (Never stretch head toward back)

- Slowly turn head over right shoulder. Hold
- Return to center
- Slowly turn head over left shoulder. Hold
- Repeat 3-5 times



**Arm Stretch**  
**Works:** Shoulders, upper and lower back. Increases range of motion in arms, shoulder and back

- Push right palm toward ceiling
- Push the left palm toward the floor. Hold
- Bring arms back to front of chest
- Switch arms and hold
- Do 2 times



**Abdominal Twist**  
**Works:** Abdominal front and side muscles. Helps improve posture and balance

- Sitting on edge of chair with hands on collarbone, twist right. Hold
- Return to center
- Twist Left. Hold.
- Return to center
- Do 8-15 times each side



**Leg Extensions**  
**Works:** Thighs

- Sitting tall in chair, extend right foot out. Hold
- Slowly lower foot to floor
- Do 8-15 times with each leg



**Leg Squeeze**  
**Works:** Muscles controlling bladder, thighs, buttocks; strengthens leg muscles

- Raise heels off floor
- Squeeze knees, thighs and buttocks together. Hold
- Relax
- Do 8-15 times

## Strength Training Exercises



**Triceps Extension**  
**Strengthens:** Shoulders

- Hold one dumbbell or touch fingertips overhead
- Carefully lower hands behind head, keeping elbows pointed upward
- Lengthen hands back toward ceiling
- Do 8-15 times



**Biceps Curl**  
**Strengthens:** Biceps muscles

- Place hands on thighs, palms upward
- Slowly lift one hand to shoulder
- Slowly lower hand to thigh
- Do 8-15 times with each arm



**Front Raise**  
**Strengthens:** Shoulders

- Place hands on knees, palms down
- Slowly raise right hand straight out in front of body to shoulder level or as high as comfortable
- Do 8-15 times with each arm



**Upright Row**  
**Strengthens:** Upper back and back muscles

- Place both hands in lap, palms toward thighs
- Keeping hands together and close to body, slowly raise hands toward chin by bending elbows. Hold
- Return to start
- Do 8-15 times



**Lateral Raise**  
**Strengthens:** Shoulders and upper back. Improves posture

- Bend arms at 90° angle next to your sides, palms inward
- Float arms up parallel to floor or as high as comfortable
- Do 8-15 times



**Shoulder Press**  
**Strengthens:** Shoulders and back muscles

- Hands on knees, palms down
- Bring right hand to shoulder, palm facing out, lengthen right hand overhead, and then lower back to shoulder
- Do 8-15 times with each arm