



Self Guided Chair Exercises

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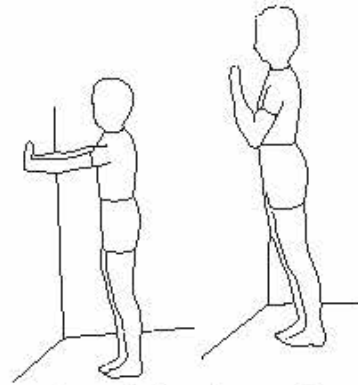
Simple Exercises

1. Knee Raises



Stand with the back of a chair at your side for balance. Tuck in your tummy and your tail and raise one knee as high as you can, lower slowly and repeat on other leg.

2. Pushups



Stand facing the wall, feet about eighteen inches away from wall and hands placed flat on wall at shoulder height. Bend elbows and lean forwards, keeping body straight. Slowly push back away from the wall and repeat.

3. Pelvic tilting



Pelvic Tilting using sit fit or gym ball. Sitting in the sit fit/gym ball, keeping your tummy pulled in and pelvis in neutral. Try to left one arm up at a time.

4. Heel raising



Stand holding the back of a dining chair, tuck tummy and tail in and raise yourself up onto your tiptoes and then gradually lower. Do not lean heavily on the chair.

5. Use walker



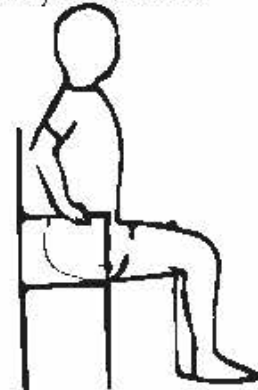
Use the Walker as briskly as you can

7. Cycling



Sitting on the cycle bike and riding for a set time.

6. Pushups on chair



Sit tall in the seat, with hands on arms of the chair, push up and straighten both arms. Lower gently.

