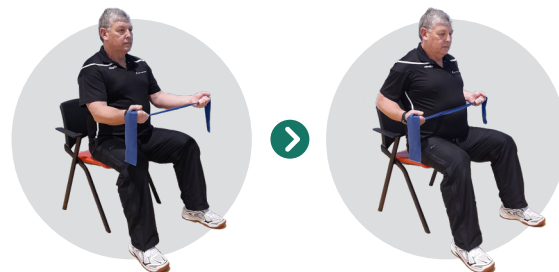


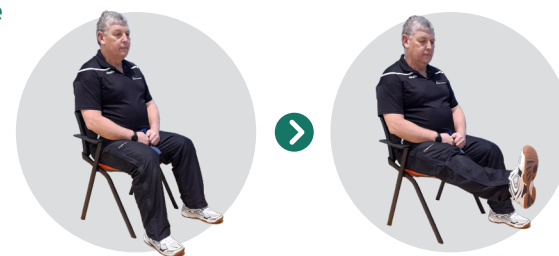
1 Banded Seated Row Repeat 6 to 10 times

- Sit tall at the front 1/3rd of your chair
- Place your feet flat on the floor and rest the band on your lap
- Scoop the band up around 2 hand width's apart with your palms facing up
- Pull the band apart to the sides and pull towards your stomach
- Pause and control back to the starting position with the band stretched
- Relax and repeat



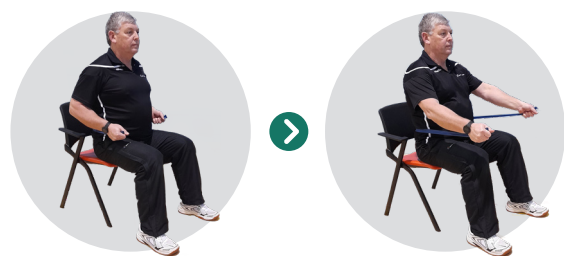
2 Seated Leg Extension Repeat 6 to 10 times on each side

- Sit tall at the front 1/3rd of your chair
- Straighten your leg out and lift it an inch
- Hold for a count of 3 and then slowly lower your leg
- Repeat with your other leg



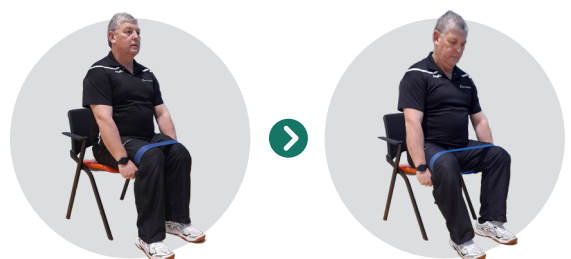
3 Banded Chest Press Repeat 6 to 10 times

- Sit tall at the front 1/3rd of your chair with your feet flat on the floor
- Pass the band around your lower back so your holding either end
- Push forwards for a count of 3 and control back for a count of 3



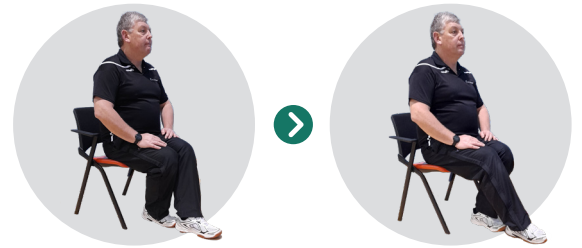
4 Seated Hip Abduction Repeat 6 to 10 times

- Sit tall at the front 1/3rd of your chair with your feet flat on the floor
- Position your knees and feet together
- Rest the band on your lap and cross the band underneath your legs and up on your lap using your hands to hold the band in position
- Move your heels out to the side followed by your toes so they point forward
- Pull your knees out to the side, holding for a count of 3 and control back



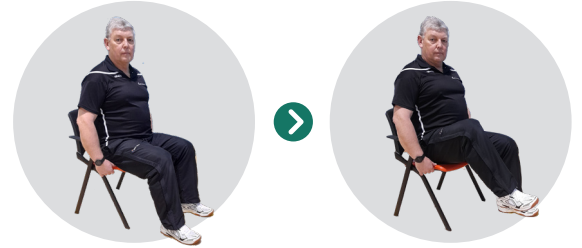
5 Seated Tandem Walking Repeat 10 times

- Sit tall at the front 1/3rd of your chair
- Place your feet close together and position 1 foot in front and 1 behind as if your on a tight tope
- Pause and then swap around your feet



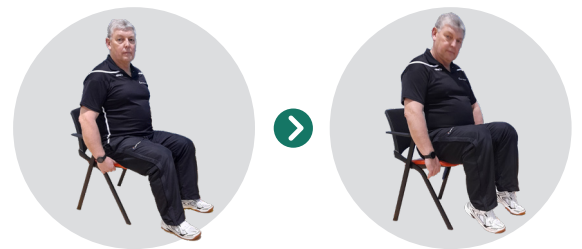
6 Seated High Knee Repeat 6 to 10 times on each side

- Sit tall at the front 1/3rd of your chair
- Lift 1 knee up high and hold for a count of 3
- Lower and repeat with your other leg



7 Seated Toe Walk Repeat 10 times on each side

- Sit tall at the front 1/3rd of your chair
- Pull your heels off the floor so your on your tip toes
- Step 10 times on the spot on each foot



Setup

A sturdy chair, a theraband and a clear space. Please wear supportive footwear even when doing seated exercise. Before you start, warm up with some seated marching for 1-2 minutes.

Frequency

Some is good, but more is better, doing these exercises 2-3 times a week will improve your strength and balance and help you live an active lifestyle. Try to rest for a day or two between exercising.

Rest

Take a rest in between the exercises, as you get fitter you may find you are able to rest less.

Benefits

These exercises are designed to help improve your balance and to strengthen the key muscles you use when walking, getting up from a chair and in general movement.

Precautions

Do not exercise if you feel unwell, develop chest pain or dizziness or if a health professional has advised you not too.

If you would like further support to exercise at home or information about classes with our experienced instructors, please contact us on **01224 507701** or **activelifestyles@sportaberdeen.co.uk**