

Seated Workout Routine

Ankle Pumps

Pump both ankles up and down 10 times.

Repeat: 10 times

Perform: 3 times daily



Glute Squeeze

Tighten your buttocks and hold for the count of 5. Relax.

Repeat: 5 times

Hold: 5 seconds

Perform: 3 times daily



Scapular Retraction

Move your shoulder blades down and back.

Puff your chest slightly.

Repeat: 5 times

Hold: 5 seconds

Perform: 3 times daily



Shoulder Shrug

Raise the top of your shoulders towards your ears until you feel slight tension in your neck and shoulders. Release and relax your shoulders.

Repeat: 5 times

Hold: 5 seconds

Perform: 3 times daily



Marches

March in place while sitting, bringing your knees as high as possible.

Work up to 2-3 minutes.

Duration: 2-3 minutes

Perform: 3 times daily



Leg Extension

Press your lower back, firmly into the back of the chair while sitting up straight.

Engage abdominals by pressing the belly button toward your spine.

Extend one leg straight, tightening thigh muscles, and hold for a count of 10.

Switch legs.

Repeat: 5 times each side

Hold: 10 seconds

Perform: 3 times daily



Pelvic Tilt

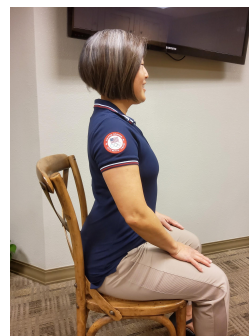
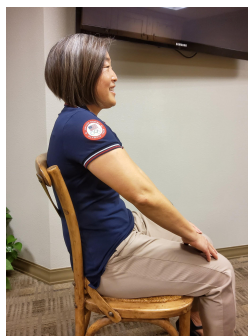
Tilt your pelvis backward and then forward.

It will feel like you are pulling your stomach in and then sticking your stomach out. Hold each position for 5 seconds.

Repeat: 5 times each position

Hold: 5 seconds

Perform: 3 times daily



Walk

Get up and walk around or in place for 2 minutes. This will improve the blood flow to your legs and back.

Duration: 2 minutes

Perform: 3 times daily

