



# 5 Most Important Seated Exercises

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1.

K	RESISTED KNEE KICKS	
<p>Sitting in stable chair, place band around <b><u>ankles</u></b>. Both feet start firmly on ground with knees bent. Kick one leg as straight as able while other remains on the ground. Slowly lower to start position. Alternate kicks.</p>		

2.

M1	RESISTED MARCHING-SEATED	
<p>Sitting in a stable chair, place band around <b><u>lower thigh</u></b>. March one knee as high as able and then slowly return down to starting position. Do this in alternating fashion.</p>		

3.

H	RESISTED KNEE OUT
<p>Sitting in a stable chair, place band around <b>lower thigh</b>. Feet remain close together as you spread knees apart as far as able. Then slowly return knees together to starting position.</p>	

4.

S1	SIT TO STAND-USE HANDS
<p>Start sitting in chair. Lean body forward as you press up from chair using legs and arms until coming to a full upright standing position. Slowly return to sitting and repeat.</p>	

### 5. Endurance Exercise: for 10-15 minutes

Chose any of the below options:

- Seated marching with legs while pumping arms (add ankle and wrist weights as needed)
  - Cubii stepper
  - Recumbent Stepper or Cycle