

1. WARM-UP EXERCISE

Clap Hands

Continue for 3 min



2. STRENGTH EXERCISES

Boxer

Do 10 times



Pull Down

Do 10 times



Touch the Sky

Do 10 times on each side



3. BALANCE EXERCISE

Aeroplane

Do 10 times



For more benefits, repeat the Strength and Balance Exercises at least once.

4. FLEXIBILITY EXERCISES

Open Arms

Hold for 20 sec



Give Flowers

Hold for 20 sec



Exerchair The Exercise While You Sit In Your Chair Program

Christine Romani-Ruby



Exerchair The Exercise While You Sit In Your Chair Program:

Exerchair Judi Sarkisian, 1999-12-01 [Get Fit While You Sit](#) Taylor Spencer, 2023-06-08 Take control of your fitness from the convenience of your desk This easy to follow guide includes exercises to strengthen and stretch your body throughout the day The average office worker spends between four and nine hours at their desk each day Couple this with the fact that health issues such as heart disease obesity joint problems and depression are linked to lack of exercise and you ll see why getting fit and healthy has never been so important Perfect for people who spend extended time sitting at a desk or have mobility issues *Get Fit While You Sit* aims to provide a head to toe workout that s achievable from your chair It contains exercises that focus on strengthening and stretching specific parts of the body while also promoting other healthy habits such as deeper more focused breathing Inside you ll find Step by step instructions for exercising your whole body Simple graphics to illustrate each exercise Tips on how to sit with a good posture Breathing techniques to help you relax and reduce tension *Chair Pilates for Beginners* Mary Dixon, 2024-02-04 GENTLE DAILY TRAINING FOR STRENGTH AND FLEXIBILITY I hope you know that the only tool needed to build strength stamina and flexibility as an older adult is your mindset and a solid chair Your mindset to build your determination and a chair to carry out the easy positions *Chair Pilates for Beginners* is a groundbreaking guide that brings the principles of Pilates to a new level of accessibility Perfect for individuals seeking a low impact effective fitness solution this book is tailored for beginners and those with limited mobility introducing them to the transformative benefits of Pilates exercises all from the comfort of a chair Inside the pages of this comprehensive guide readers will embark on a journey of holistic wellness discovering the fusion of Pilates principles with the convenience of seated exercises Authored by certified Pilates instructors this book is a carefully crafted resource that demystifies Pilates for beginners making it an inclusive and enjoyable experience for all Key Features 1 Seated Pilates Basics Designed with beginners in mind the book provides a clear and concise introduction to the fundamentals of Pilates Readers will learn about key principles such as breath control core engagement and body awareness all adapted for the seated position 2 Step by Step Instructions Each exercise is meticulously explained with step by step instructions and accompanied by detailed illustrations ensuring that readers can easily follow along From gentle stretches to core strengthening movements the book gradually progresses to more advanced exercises allowing beginners to build confidence at their own pace 3 Chair as a Fitness Tool *Chair Pilates for Beginners* explores the versatility of a chair as a fitness tool Readers will discover how simple modifications can turn a regular chair into a supportive and effective piece of exercise equipment making Pilates accessible to individuals with varying levels of mobility and fitness 4 Adaptable Workouts Recognizing that everyone s fitness journey is unique the book offers adaptable workout routines Readers can choose from short focused sessions for busy days or comprehensive workouts for a more extensive Pilates experience The versatility of chair Pilates allows individuals to integrate fitness seamlessly into their daily lives 5 Mind Body Connection Beyond the physical benefits

Chair Pilates for Beginners emphasizes the importance of the mind body connection Readers will learn how to cultivate mindfulness through Pilates promoting relaxation stress relief and a heightened sense of well being 6 Progress Tracking The book provides tools for progress tracking allowing beginners to celebrate their achievements and stay motivated With a focus on building strength flexibility and balance readers can witness their transformation as they progress through the carefully curated exercises 7 Expert Guidance Authored by certified Pilates instructors with a passion for making fitness accessible to all Chair Pilates for Beginners combines expertise with empathy The authors guide readers through the exercises offering insights into the benefits of Pilates and providing tips for maintaining proper form and technique Chair Pilates for Beginners is more than just a fitness guide it s an invitation to embark on a journey of self discovery and well being With its accessible approach empowering exercises and expert guidance this book is the perfect companion for those looking to start their Pilates journey from the comfort of a chair Grab your special copy to get started today

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Pilates Chair Christine Romani-Ruby,2010-10-19 [SAS In-the-chair Exercise Book](#) Folke Mossfeldt,Mary Susan Miller,1979

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