



Seated Strengthening Exercises

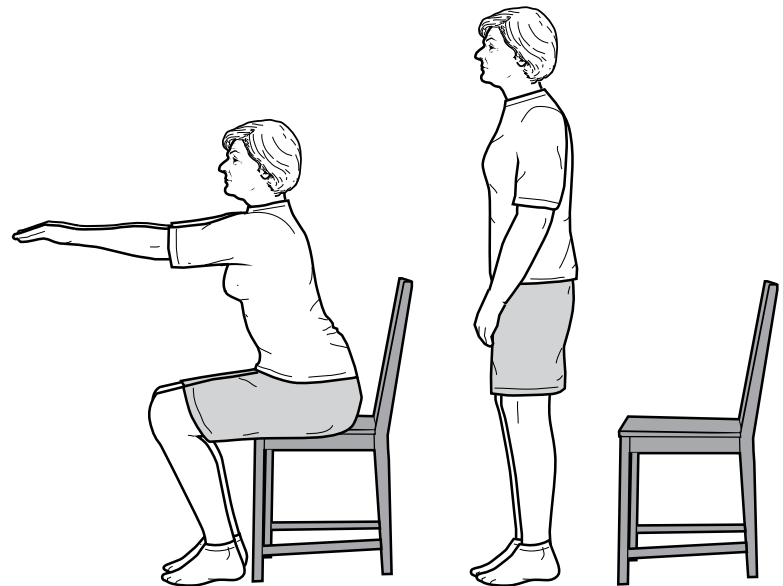
These exercises are designed to increase your muscle mass and calories burned at work, home or any other location where you have been seated for a while.

To start, do each exercise 5 to 10 times, repeating 1 or 2 times per week. Slowly add repetitions until you are completing 20 to 30, every other day, or even daily.

1. Squats:

This exercise strengthens the front of the thigh.

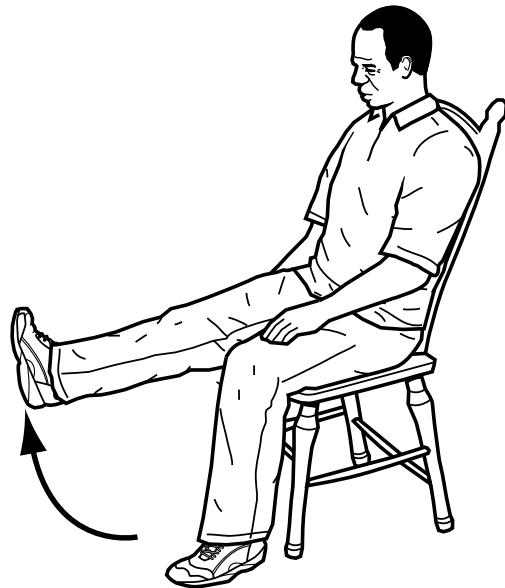
- Stand up and sit down. You can use your arms on the sides of your chair until you build your strength enough to complete as shown.



2. Leg Extensions:

This exercise strengthens the front of the thigh and hip.

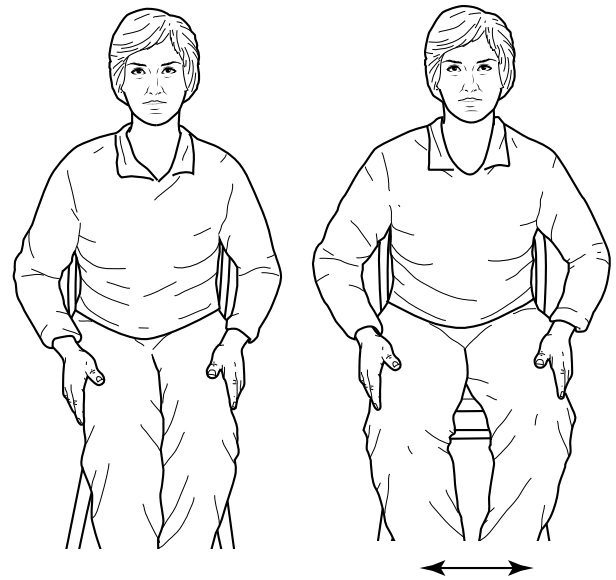
- Start with your right leg. Extend it until it's straight. Then complete with your left leg.
- As you progress, you can lift your thigh off the chair as high as you can comfortably.



3. Abduction:

This exercise strengthens the outer thigh.

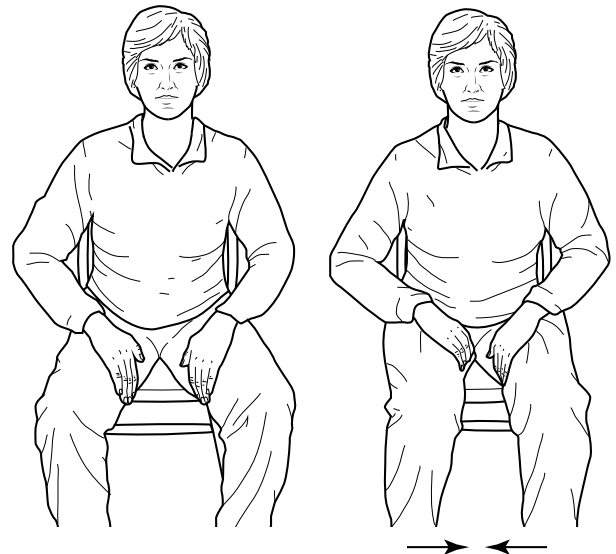
- Sit with your knees together and place your hands, palms open, on the outside of your thighs near your knees.
- Spread your knees open while pushing in with your palms for resistance.



4. Adduction:

This exercise strengthens the inner thigh.

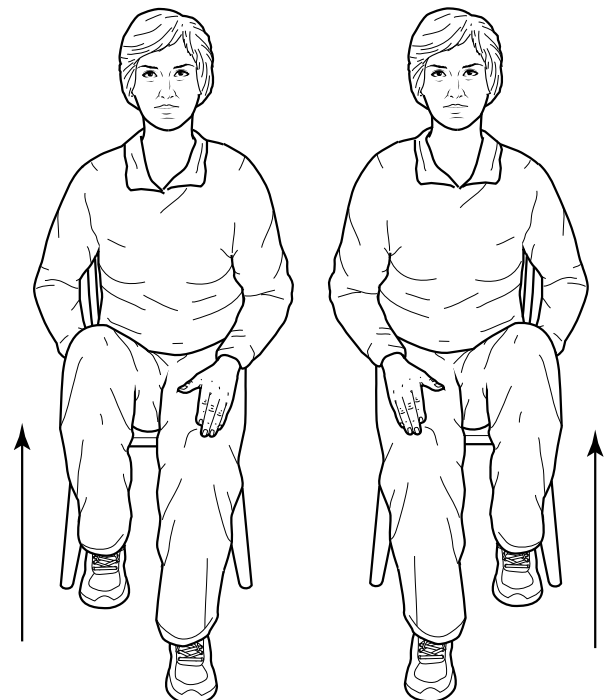
- Sit with your knees apart and place your hands on the inside of your thighs near your knees.
- Slowly close your knees while pushing out with your palms for resistance.



5. Marching:

This exercise strengthens the hip flexors, a group of muscles at the hip and thigh.

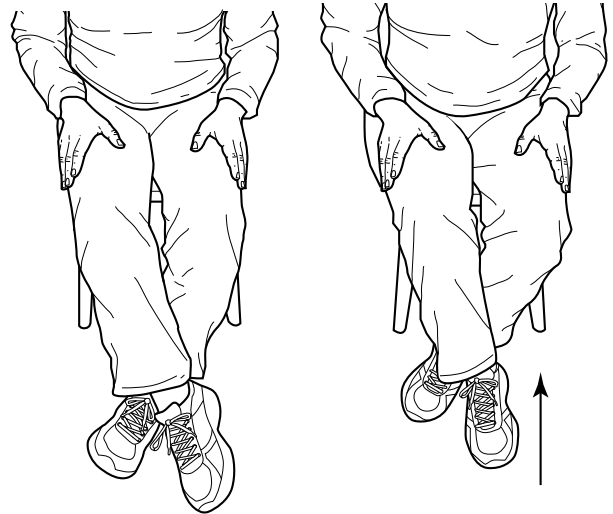
- Place your hands on top of your knees.
- Lift your legs one at a time as you push down with your hands for resistance.



6. Crossed Leg Exercise:

This exercise strengthens the front and back of your thigh.

- Cross your legs at the ankles.
- Lift up to straighten your bottom leg while you try to resist the motion with your upper leg. Push the top leg down, bending your knee, while you resist the motion with your lower leg.
- Switch top and bottom legs and repeat.



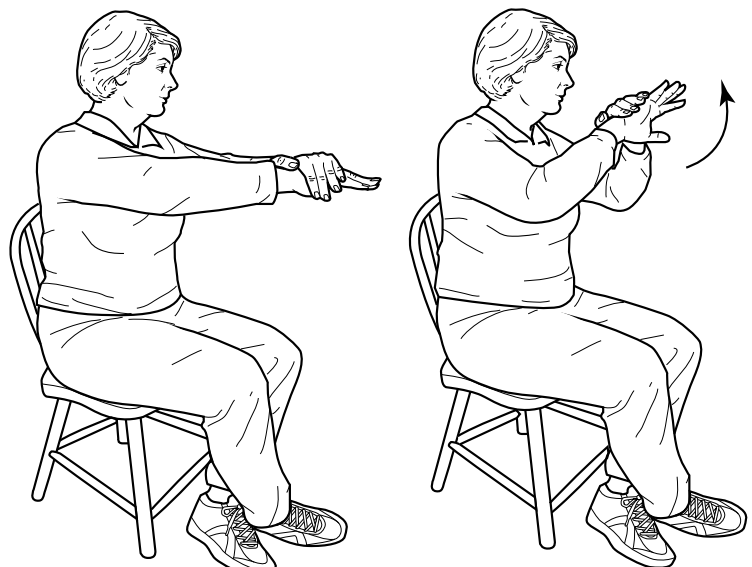
7. Biceps and Triceps:

These exercises strengthen the upper arm:

- Press your right hand, palm up, against the bottom of the table or desk. Press up against the desk, hold and release. Repeat with your left hand.



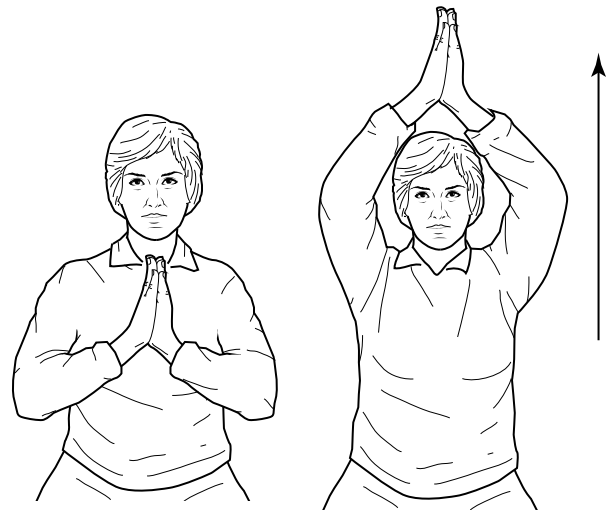
- Place your hands out in front of you. Hold your right hand with the left hand on top. Both palms should be face down. Your elbows should be straight but not locked. Slowly curl your arms up toward your chest, pushing up with your right or bottom hand while you resist the motion with your left or top hand. Take your arms back down to the starting position, pushing down with your left or top hand while you resist the motion with your right or bottom hand. Put your left hand on your right hand and repeat.



8. Overhead Press:

This exercise strengthens the chest.

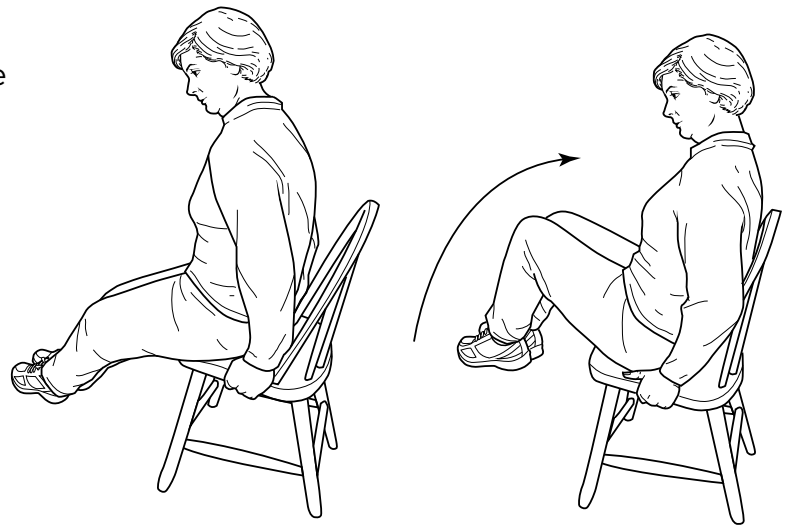
- Press your palms together in front of your chest.
- Continue pressing together as you lift your hands as high as you can above your head.
- Keep pressing and lower hands to the starting position.



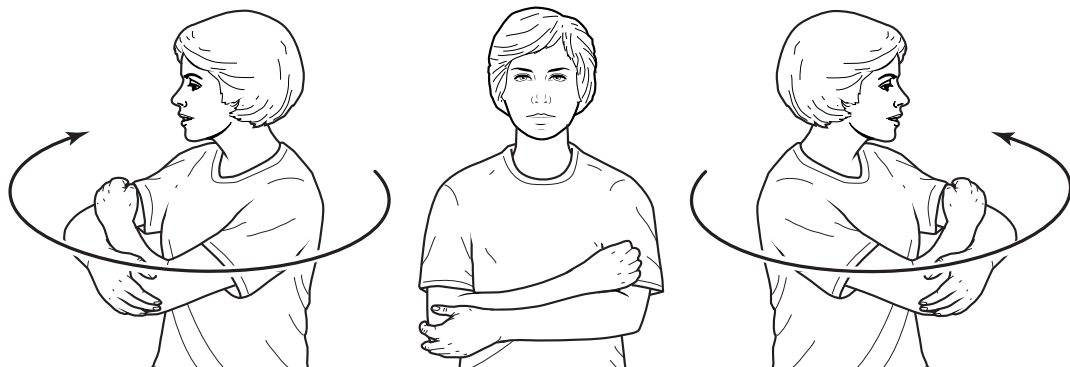
9. Abdominal Exercises:

These exercises strengthen the abs.

- Rest your hands on the seat beside your knees, or armrest of the chair. Keep your knees together, and your abdominal core tight. Lift your feet off the floor, bringing your knees toward your chest. Slowly lower and repeat. You can start by lifting one leg at a time until you are strong enough to lift both together.



- Sit with good posture. Keeping the abdominal core tight, rotate the torso to the right while keeping the hips and legs forward. Contract your abdominal muscles to bring your body back to center then rotate to the left.



Talk to your doctor or health care team if you have any questions about your care.

For more health information, go to patienteducation.osumc.edu or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.