

CARING FOR OUR COMMUNITY – EXERCISES 2

EXERCISE: CHAIR SQUATS

TYPE OF EXERCISE: LOWER BODY/MULTI-JOINT

MUSCLES USED: Gluteus Maximus, Quadriceps (Vastus Lateralis, Vastus Intermedius, Vastus Medialis, Rectus Femoris), Hamstrings (Semimembranosus, Semitendinosus, Biceps Femoris)

STARTING POSITION:

- Stand in front of a sturdy office chair
- Torso should remain erect.
- Keep chest out and up.
- Shoulders are back.
- Keep head and neck straight with eyes looking straight ahead.
- Before beginning the initial descent, inhale.

DESCENT:

- Initiate the exercise by slowly flexing the knees and hips.
- Descend with control.
- Maintain a flat back.
- Avoid tilting the hips forward.
- Keep the eyes focused straight ahead with the head erect.
- Keep the body weight centered over the heel and mid-foot portion of both feet.
- The heels of both feet should always remain in contact with the floor throughout the descent.
- Keep the knees above or slightly in front of the ankles during the descent. Do not allow the knees to move in front of the feet.
- Continue the descent until the buttocks touches the chair, or the heels begin to lift off the floor. The flexibility of the Lower Body will determine the actual depth of the descent.
- At the bottom position of the descent avoid bouncing or increasing the rate of descent before beginning the ascent.

ASCENT:

- Keep the back flat. Do not arch the lower back during the ascent.
- Push through the entire foot on both feet with weight evenly distributed from the heels to the toes to ensure the entire foot remains in contact with the floor.
- Avoid having the body weight move toward the toes.
- Keep the knees positioned above to slightly in front of the ankles.
- Continue the ascent by extending the lower body joints at a consistent rate until the initial standing position is reached.
- Exhale at the completion of the ascent.

CARING FOR OUR COMMUNITY – EXERCISES 2

EXERCISE: CHAIR DIPS

TYPE OF EXERCISE: UPPER BODY/MULTI-JOINT

PRIMARY MUSCLES USED: Pectoralis Major, Triceps Brachii, Anterior Deltoids

STARTING POSITION:

- Place your hands on the edge of a sturdy office chair with your back facing the chair.
- Rest your feet on the ground.
- Straighten the arms at the elbows.
- Before initiating the descent, inhale.

DESCENT:

- While keeping the back straight and the head up throughout the descent, bend at the elbows and shoulders to lower the body with control.
- Lower the body until the upper arm is parallel to the floor.
- Keep the upper arm angle at approximately 45° from the torso.

ASCENT (UPWARD MOTION):

- Return to the starting position along the same pathway used for the descent.
- Keep the back straight and the head up throughout the ascent.
- Complete the ascent when the arms are straight at the elbow.
- Exhale at the completion of the ascent.

EXERCISE: INCLINE PUSH-UP

TYPE OF EXERCISE: UPPER BODY/MULTI-JOINT

PRIMARY MUSCLES USED: Pectoralis Major, Triceps Brachii, Anterior Deltoids

STARTING POSITION:

- Stand facing a sturdy office chair.
- Place hands on the edge of the bench just slightly wider than shoulder width.
- Arms are straight but elbows are not locked. Align feet so that arms and body are completely straight.

DESCENT:

- While keeping the back straight and the head up throughout the descent. Bend the elbows to slowly lower the chest to the edge of the bench while inhaling.
- Keep your body straight and rigid throughout the movement.

ASCENT (UPWARD MOTION):

- Return to the starting position by pushing the body away from the bench until your elbows are extended, but not locked.
- Exhale as you push up.
- Complete the ascent when the arms are straight at the elbow.
- Exhale at the completion of the ascent.