

TOP 10 SEATED EXERCISES

TO JUMP START YOUR PHYSICAL HEALTH JOURNEY



Before making any dietary changes or starting an exercise program, consult your doctor or another qualified healthcare professional to find out what is appropriate for your individual health needs.

1



SEATED MARCH

How to:

- Sit tall with your back straight.
- Lift one knee toward your chest, then lower it.
- Alternate legs in a marching motion.
- Do for 1–2 minutes.

2



SEATED ARM RAISES

How to:

- Sit tall with feet flat on the floor.
- Raise both arms overhead until your biceps are near your ears.
- Lower your arms slowly.
- Repeat 10–15 times.

3



SEATED SIDE BENDS

How to:

- Sit tall with one hand on your hip.
- Reach the opposite arm overhead.
- Gently bend to the side.
- Hold for 10–15 seconds each side. Repeat 2–3 times.

4



SEATED TWIST

How to:

- Sit tall with arms crossed or hands on shoulders.
- Twist your torso to one side, keeping hips facing forward.
- Hold for 10–15 seconds.
- Repeat on the other side.

5



SEATED LEG EXTENSION

How to:

- Sit tall with feet flat.
- Straighten one leg out in front of you.
- Hold for a moment, then lower it.
- Repeat 10–15 times each leg.

6



SEATED CALF RAISES

How to:

- Sit tall with feet flat.
- Rise up onto your toes, lifting your heels.
- Lower your heels back down.
- Repeat 15–20 times.

7



SEATED CHEST PRESS

How to:

- Sit tall with elbows bent, hands near chest.
- Press your palms forward until your arms are straight.
- Slowly return to start.
- Repeat 10–15 times.

8



SEATED ROW

How to:

- Sit tall and bend your elbows.
- Pull your elbows back, squeezing your shoulder blades together.
- Return to start.
- Repeat 10–15 times.

9



SEATED GLUTE SQUEEZE

How to:

- Sit tall with feet flat.
- Squeeze your glutes (butt muscles).
- Hold for 5 seconds, then relax.
- Repeat 10–15 times.

10



SEATED ANKLE CIRCLES

How to:

- Lift one foot slightly off the floor.
- Rotate your ankle in circles 10 times one direction.
- Reverse direction.
- Repeat on the other foot.



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