

Core Strengthening in Chair

Things to consider while performing exercises:

- Maintain good posture
- Avoid straining neck and shoulder muscles
- These exercises may be performed with a resistance band/weighted ball or without any resistance.
- Slowly return to the start position after completing each repetition.
- Exercises may be performed with full back support of the chair.
- Hold each exercise for 2-3 seconds
- Recommend 3 sets of 10 repetitions

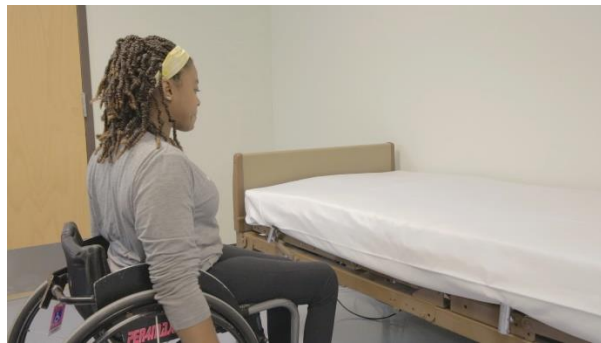
Seated Balance

Start with arms in a resting position. Maintain neutral sitting position. Lift arms up to challenge balance.



Back Extension

Lean forward by bending at the hip. Keep trunk straight. Return to neutral sitting position.



Core Strengthening in Chair

Trunk Flexion

Curl or crunch the trunk off the back rest slowly and without using neck.



Alternate Position:



Active Rotation

Sitting with good posture, turn the chest to the side to look over shoulder.



To increase difficulty of the exercise, add a dumbbell weight.



Core Strengthening in Chair

Active Side Bend

Sitting with good posture, lean down to the side. Safely reach towards the floor while keeping buttocks planted in seat.



To decrease difficulty of the exercise, do not use a dumbbell weight.



Core Strengthening in Chair

Active Reach

Keep trunk centered throughout exercise, while holding a weighted ball. While balancing, reach forward.



While balancing, reach to left side or reach to the right side



To decrease difficulty of the exercise, do not use the weighted ball.

