

Simple Seated Movement

Maria's Place does not bear responsibility for any injury sustained while following our exercise programs.

Please consult your doctor before undertaking any new exercise routine and use common sense while exercising. Listen to your body and be mindful of any existing medical conditions.

Hold stretches for 10 to 30 seconds. Bring your hands back to your lap between movements.

Sit in your chair with your feet on the ground.

Inhale and reach your arms up, then exhale and lower them back down. Repeat three times.

Reach one hand across the body to the opposite knee or arm of the chair and gently twist your body. Let the gaze look towards the very corners of the eyes. Unwind and switch sides.

Round the spine and drop your chin to the chest for seated cat/cows. Open up the chest and arch the back as the neck opens. Repeat 10-20 times, allowing your shoulders to move with the flexion and extension of the spine.

Straighten the spine, lift your arms overhead, and drop one arm down as the other reaches over the body to create a side-body bend. Hold for 10 seconds and repeat on the other side.

Come back to center. Cross one ankle over the knee, and flex the foot to make a figure of four shape with your legs. This stretch may be enough; If you want more sensation, keep the foot flexed and engaged, and hinge the torso forward into a slight fold. Straighten back up and twist your upper body over the knee.

Lower the leg and pump the knee joint a few times, bending and straightening the leg. Repeat the figure four sequence on the opposite side.

With your feet on the floor, come into a seated forward fold. Allow the spine to be as straight as possible. Stay here for 10 to 30 seconds, then straighten up slowly.

Lift your feet off the ground and straighten your legs forward. At the same time, reach your arms and fingertips forward and hold.

Place your feet back on the ground. Reach your hand over your head to the opposite ear. Drop the head to one side and do a gentle neck stretch. The hand does not need to pull down; just the added weight of the arm is enough. Straighten, bring your hand to your knee, and repeat on the other side.

Interlace your fingers and push your hands forward, away from the body. For a bigger stretch, bring the arms upwards, fingers still interlaced. Sway the arms left and right for a gentle side-body stretch.

Release the bind of the fingers and shake out the hands and fingers.

Touch each finger in turn to your thumb and open the hands wide between each finger move. Repeat five times.

Touch your thumb with the pointer finger, then the next finger, and so on, back and forth.

Reach your arms forward, the back of your hands facing each other. Cross one wrist over the other and interlace the fingers with palms touching. Bring your hands back towards the body, drawing the hands down and into the chest for a wrist and forearm stretch. Unwind the hands and repeat the movement with the opposite hand crossed on top. Unwind.

Rotate your wrists gently in both directions.

Reach one arm forward, palm facing the front. Gently pull your fingertips back towards you with the other hand.

Bring your fingers facing down and gently pull the back of your hand and fingers toward you. Repeat with the other hand.

Make circles with your forearms, one side at a time.

Interlace your fingers and reach your arms up. Sway gently to one side and then the other for a side-body opening stretch.

Take the arms out to a T, bend the elbows, forearms up, and palms facing forward. Pull the elbows back, squeezing the shoulder blades together and then round the back and bring the forearms forward towards each other, feeling the shoulder blades spread apart. Repeat three times.

Return your hands to the knees and make large circles with your whole upper body—change direction.