

Seated Upper Body Exercise

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.

Key components to keep in mind throughout the routine.

- Engage your core by squeezing your belly muscles together.
- Roll your shoulders back away from your ears and down.
- Keep your chin away from your chest and your neck in line with your spine.
- Repeat each exercise five to ten times.

Neutral position (between each exercise): Sit in your chair with your feet slightly apart and your hands on your lap. Pay attention to your posture throughout.

The exercises in the program are slow and deliberate movements.

Upper Body Routine

Begin in the neutral position, seated near the front edge of the chair. Sit up tall and bring awareness to your body. Close your eyes and breathe in through your nose and out through your mouth several times.

Raise both arms, look toward the ceiling, stretch upwards, and wiggle your fingers. Hold for a few seconds, bring your arms back down. Inhale on the way up and exhale on the way down. Repeat.

Come back to neutral. Keep one hand on your knee, raise the other arm out to the side, and lower it back down. Repeat five times and do the same on the other side.

Return to neutral. Bring both arms out to the sides. Make large circles one way, down to your lap, out to the side again, and circle the other way. Bring your hands back to your lap and take two slow breaths.

Sitting tall, bring your head down toward your chest, hold for a few seconds, then bring your head toward one shoulder, hold the stretch, then bring your head to the other side and hold. Repeat on both sides.

Bring your head down, then lift it towards the ceiling. Make slow movements up and down.

Return to neutral. Roll each shoulder alternatively one way and the other.

Make large circles with the arms, one at a time. Forward a few times, then change direction. Shake it out.

Bring both arms out to the sides, bend your elbows with your hands upwards and palm facing forward. Raise both arms above your head, then lower back down to the bent arm position. Repeat.

Keep your upper arms tight against your sides, and bring your lower arms up and out. Reach one whole arm out to the side, then return to the bent arm position. Alternate arms, reach out, and squeeze back in.

Come back to neutral. Lift both arms straight out in front. One arm at a time, lift the arm slightly, up and back down, up and back down. Come back to neutral.

Straighten both arms out in front of you again. This time lower each arm slightly and come back up. Lower and lift, lower and lift.

Return to neutral. Roll one hand in circles, one way and then the other. Stretch your fingers out and raise and lower the hand. Open and close the hand. Repeat the hand exercises with the other hand.

In neutral position, close your eyes and take slow breaths in and out. Relax.

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