

CHAIR STAND



1. Sit at front of a stable chair (no wheels), preferably pushed back against wall. Feet shoulder width apart & flat on floor.
2. Cross arms across chest.
3. Slide feet back slightly behind knees.
4. If needed, rock forward & back 3 times for momentum. Last time forward, lean out – nose over toes.
5. Keep eyes straight ahead & stand up tall. Pause.
6. Step back until backs of legs touch chair.
7. Slowly lower into chair.
8. Repeat. Work up to 3 sets of 10. Take a break between sets.

GOOD FOR

Best thing to strengthen legs!

Getting out of a chair

REPEAT

2-3 times daily

TIPS

- Wear supportive shoes with rubber soles
- Distribute weight evenly between feet
- Use leg strength (not arms) to lower slowly
- Keep stomach tight & remember to breathe!

READY FOR MORE?

Increase repetitions

Hold arms straight out at shoulder level

Add light dumbbells to hands crossed over chest