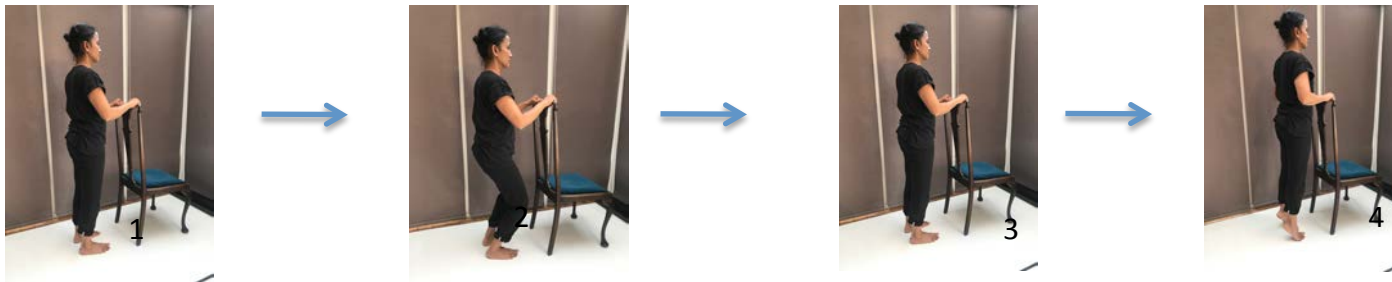


A SHORT CHAIR BASED EXERCISE ROUTINE

© AMINA KHAYYAM

EXERCISE 1:

Knees and ankle strengthening – repeat two sets of 8



EXERCISE 2:

Hip mobility – repeat two sets of 8

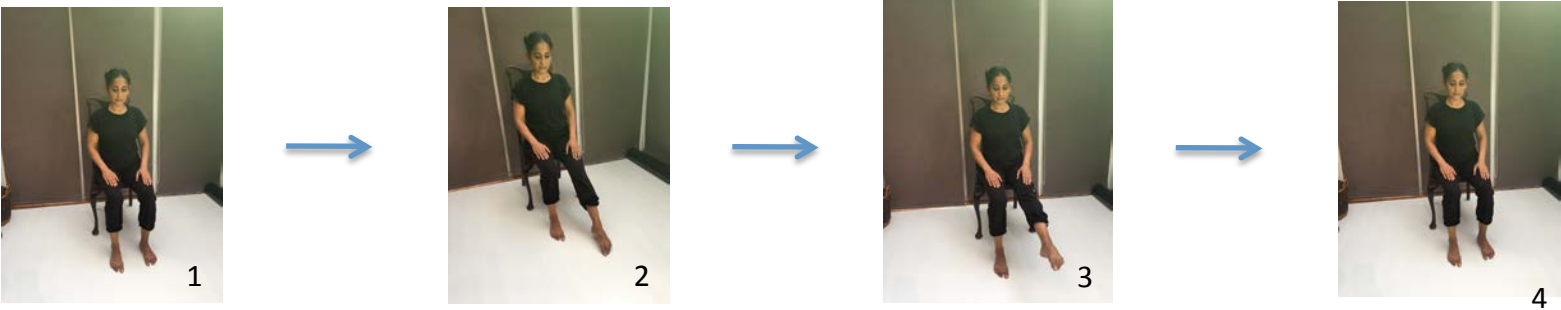


Exercise 3

Right side: Repeat two sets of 8

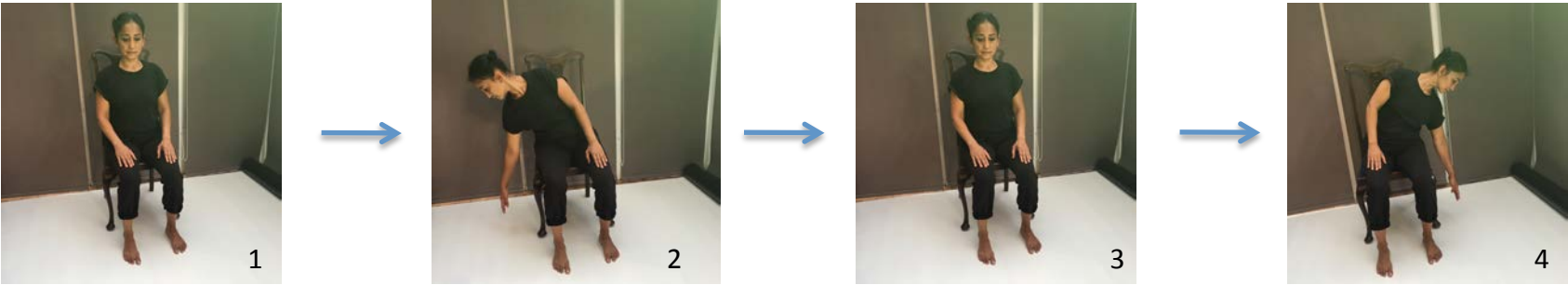


Left Side: Repeat two sets of 8



Exercise 4:

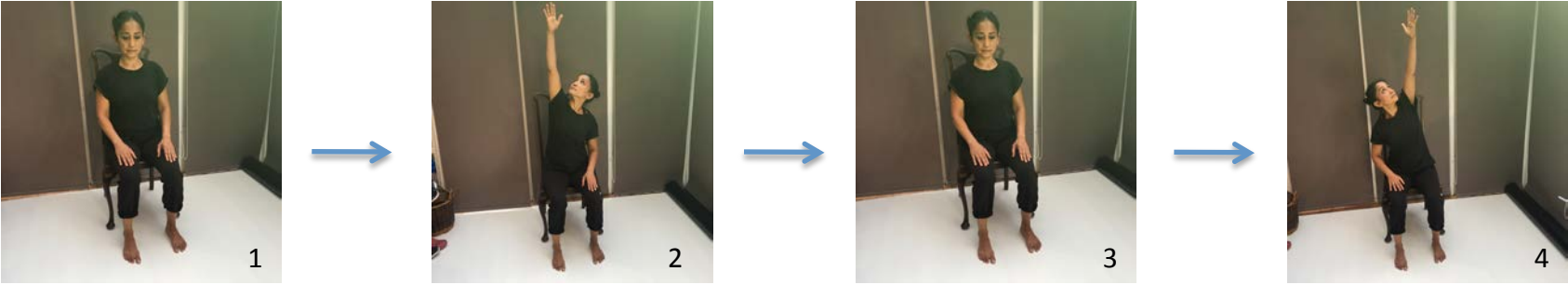
Try and reach for the floor bending side ways – repeat two sets of 8



Exercise 5:

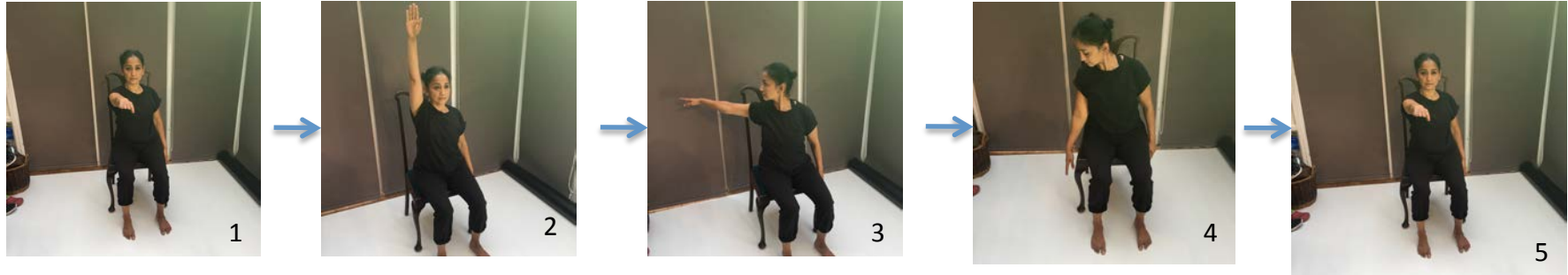
Stretch Up: Extend side of your body & reach for the ceiling

Alternate both sides – repeat two sets of 8

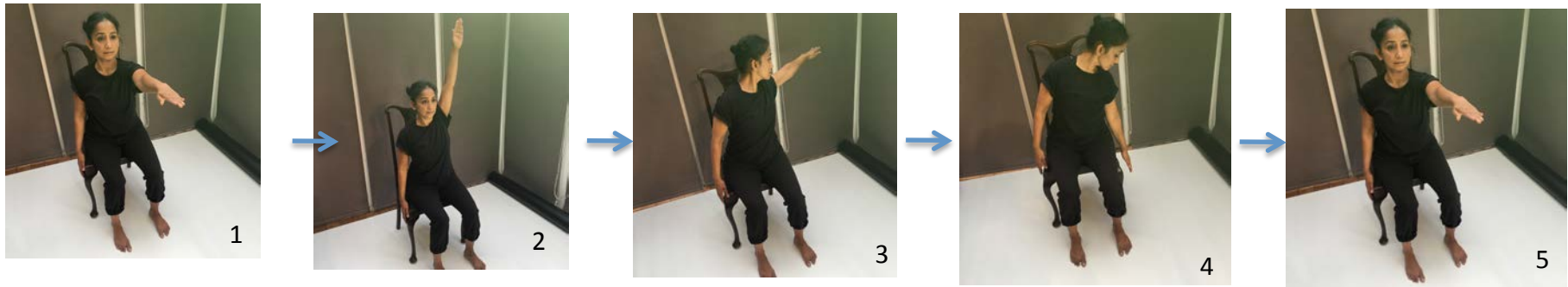


Exercise 6:

Full arm Rotation on right side: Keeping you elbow straight turn your arm towards the back to make a full circle. You can also change the direction and start rotating towards the front – 8 full circle.



Full arm Rotation on left side – 8 full circle

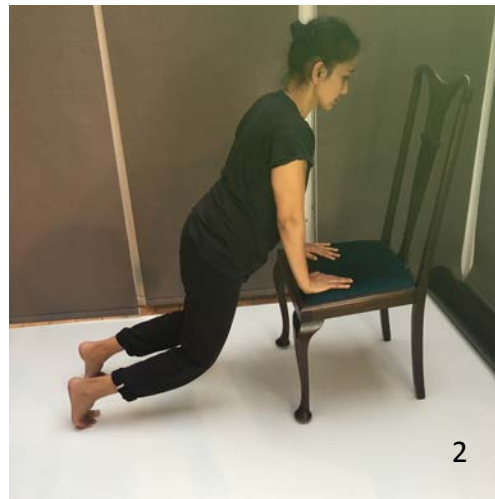


Exercise 7:

Full arm, shoulder and core strength



Extend your legs with heel off the floor - put all your weight on the palms keeping your elbow straight. Hold this position for 30 seconds.



Keeping the weight on your palms, drop your knees towards floor and hold this for 15 seconds.



Straighten your knees and push your hip back to extend your arms and relax in this position for as long as it feels comfortable.

WELL DONE! Repeat this exercise sequence every day.