

# CHAIR EXERCISES



## Neck

Slowly turn your head to each side.  
Hold each for 30 seconds. Repeat 3-5 times.



## Chest

Slowly move your arms back, while squeezing your shoulder blades together.  
Hold the position for 10-30 seconds. Repeat at least 3-5 times.



## Back

Slowly twist your waist without moving your hips.  
Place one hand on the chair and the other on the outside of your thigh. Hold each side for 10-30 seconds. Repeat 3-5 times



## Ankle

Bend your ankles toward you and hold for 10-30 seconds. Bend ankles to away from you and hold for 10-30 seconds. Repeat 3-5 times.