



7 Best Chair Exercises

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CONTENTS

Notes

- 1. Upward Stretch**
- 2. Side Stretch**
- 3. Arm Stretch**
- 4. Elbow Stretch**
- 5. Buttock Stretch**
- 6. Back Stretch**
- 7. Back & Buttock Stretch**

Bonus Exercise

- 8. Breathing Stretch**

7 Best Chair Exercises

NOTES

These exercises are intended for fit and healthy individuals who wish to preserve their flexibility.

This is NOT intended as a treatment or to replace treatment.

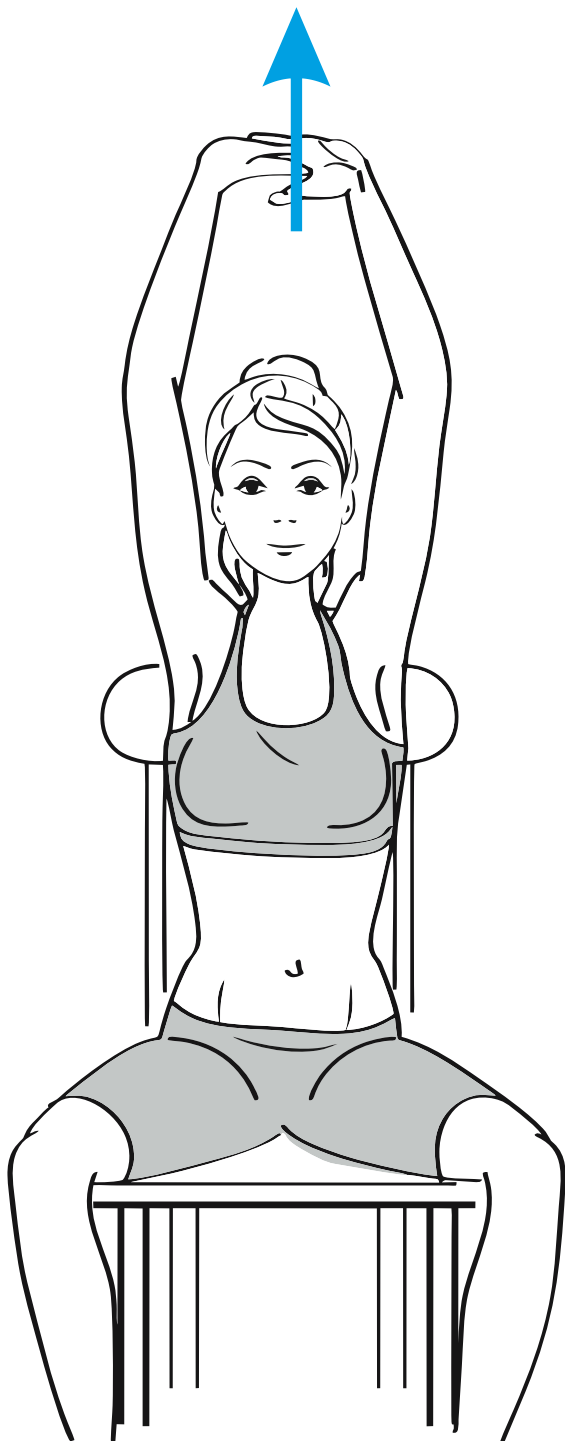
If in doubt please seek professional advice from your doctor or other healthcare professional.

You may also contact us, for free advice by calling 020 8946 2331 or sending an email to better@livingcentreclinic.com

You are advised to do these exercises in the order shown, one side at a time. Do these regularly and it will soon become second nature. Stretch gently - the idea is not to increase your range of movement, but merely to preserve what is there, as a stretch can always turn into a strain - beware! Also, try breathing out gently as you stretch, it will help you relax too.

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Registered Osteopath (1986)

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Upward Stretch

Stretch sideways.
Feel your body lift
up and away from
your hips.

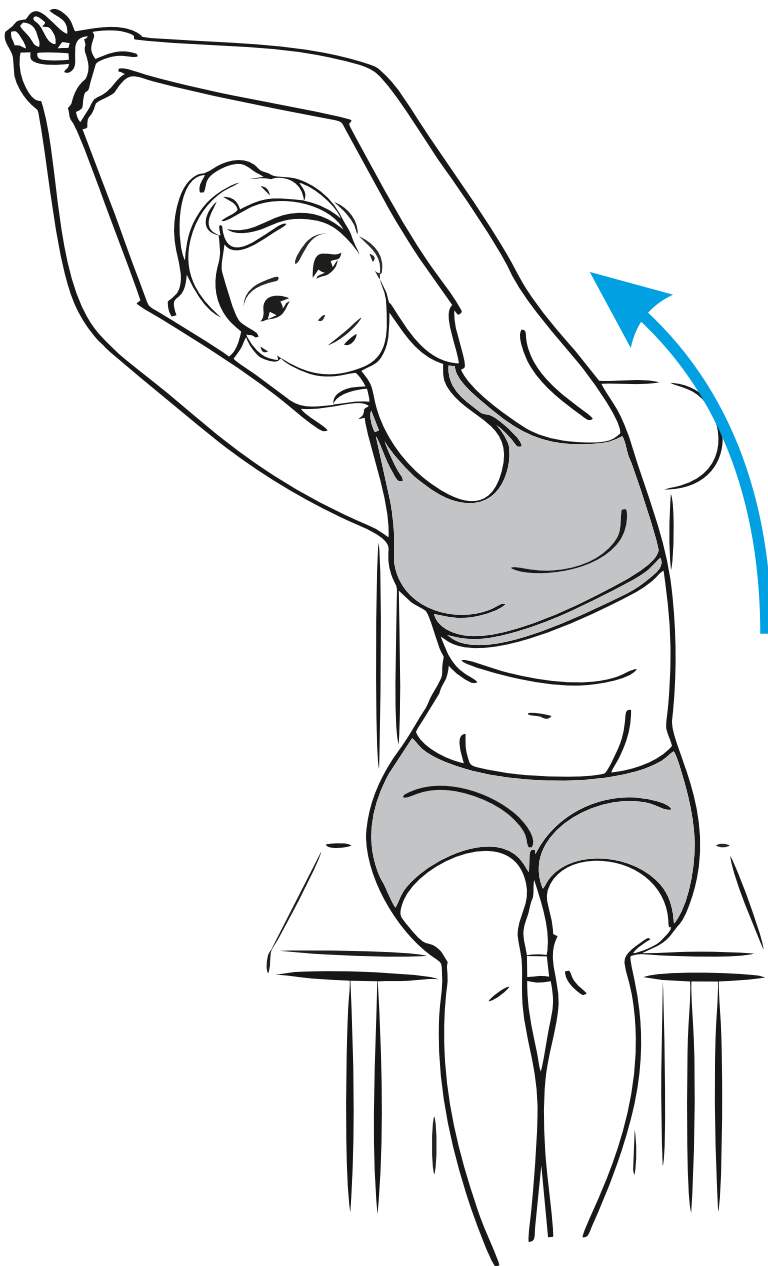
Hold 5 secs

7 Best Chair Exercises

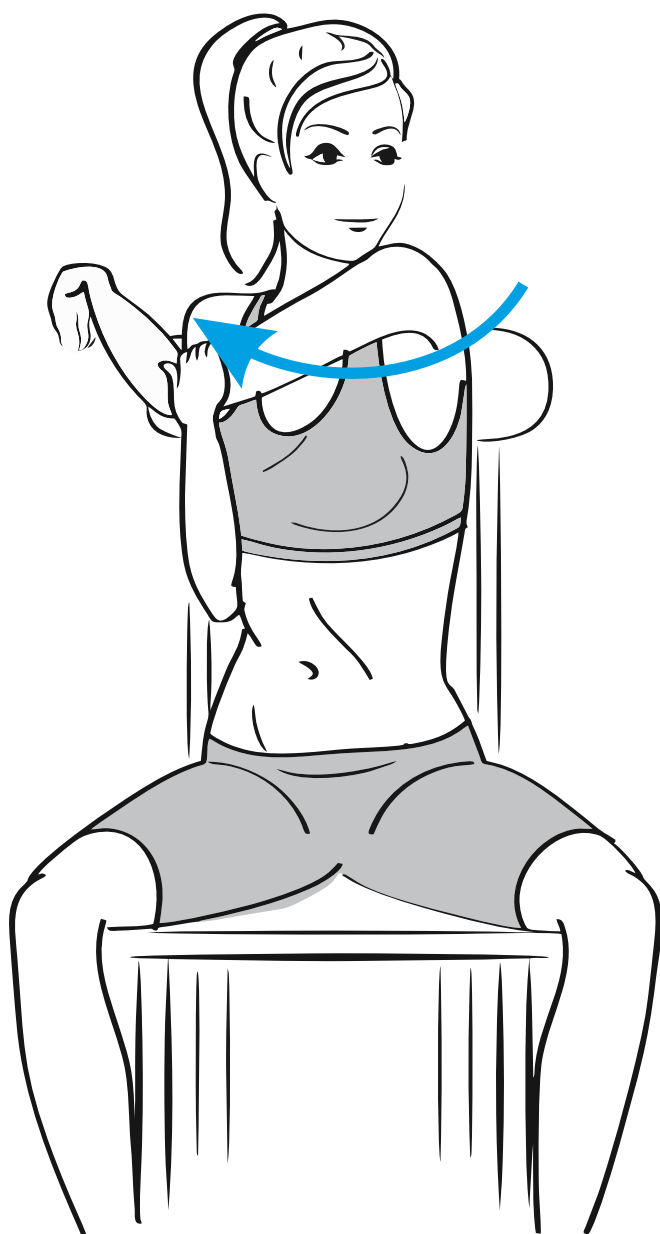
Side Stretch

Stretch sideways.
Feel your body lift
up and away from
your hips.

Hold 5 secs



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Arm Stretch

Pull arm across chest and remember to turn face towards shoulder.

This stretches top of shoulders

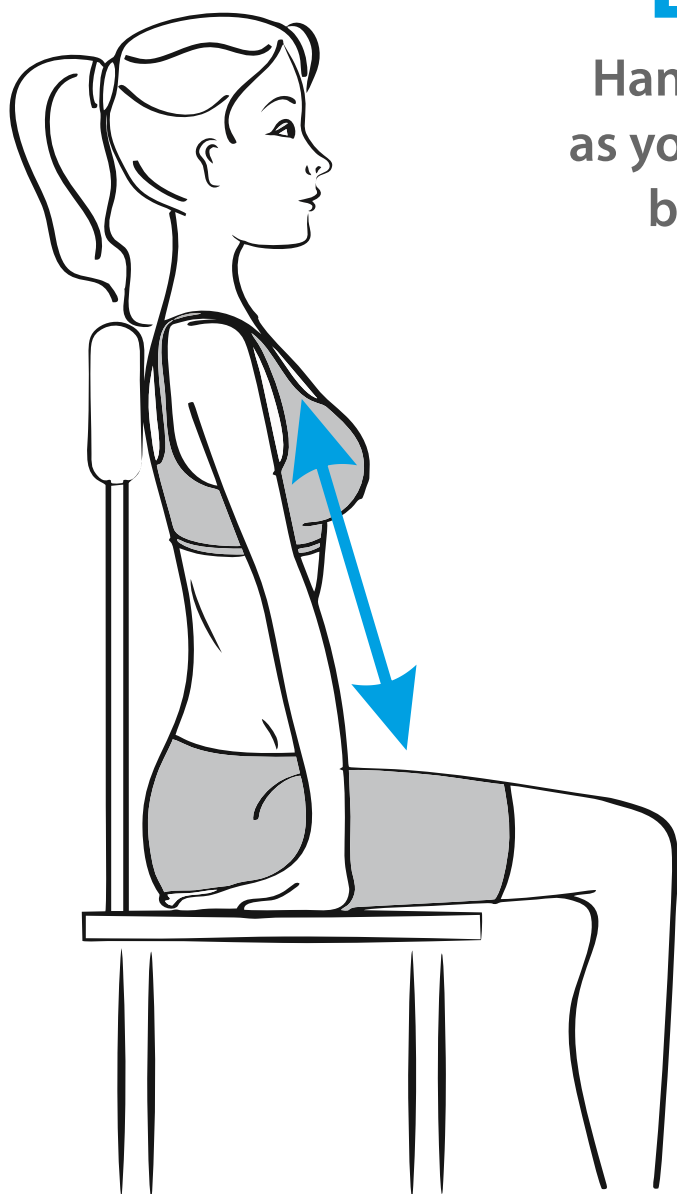
Hold 5 secs

7 Best Chair Exercises

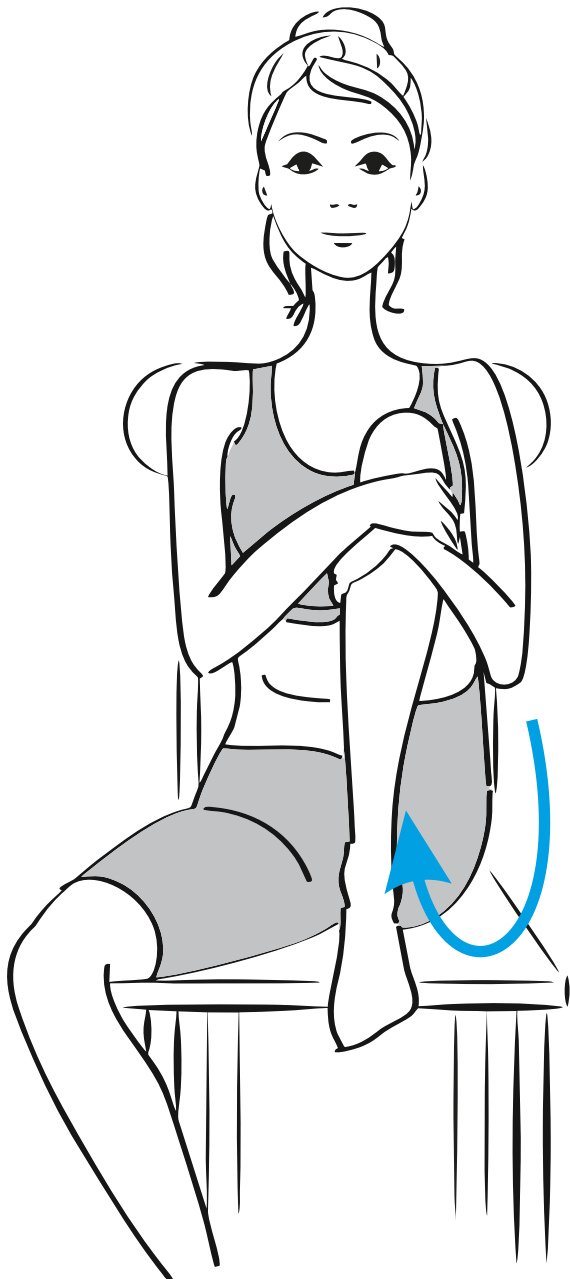
Elbow Stretch

Hand flat on chair (as much as you can), fingers pointing backward. Feel stretch in your forearm & elbow

Hold 5 secs



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Buttock Stretch

Hug knee gently. Keep other foot firmly on floor. Feel stretch in your buttock

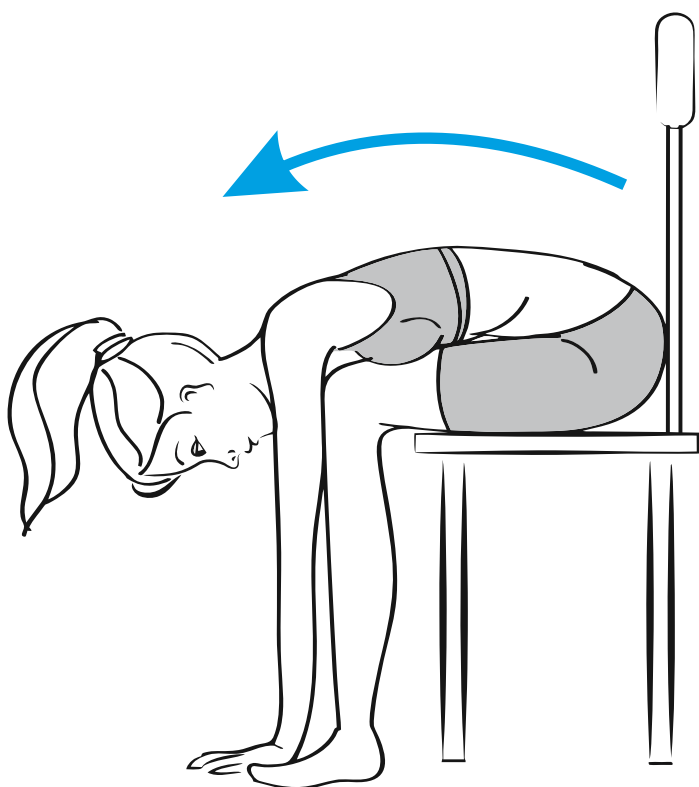
Hold 5 secs

7 Best Chair Exercises

Simple Back Stretch

Lean forward between legs as far as you can comfortably go. Gentle stretch in your back.

Hold 5 secs

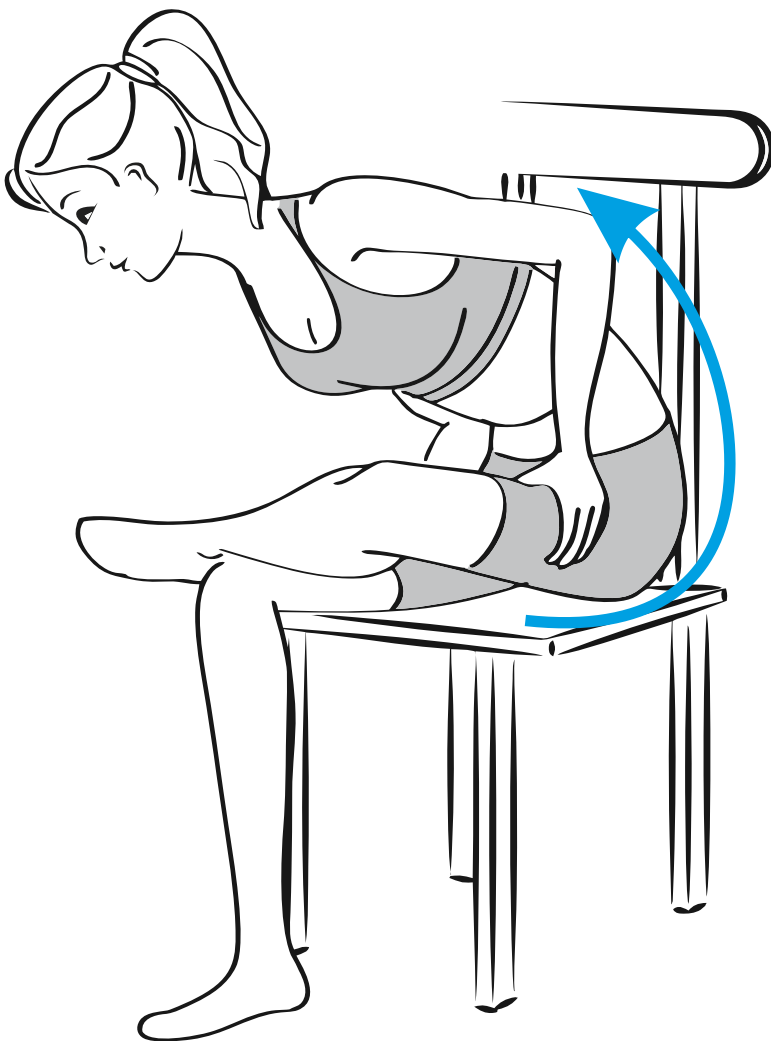


7 Best Chair Exercises

Back & Buttock Stretch

Cross one leg over. Very gently lean forward. This can cause pain, so be careful. Feel stretch in back & buttock.

Hold 5 secs

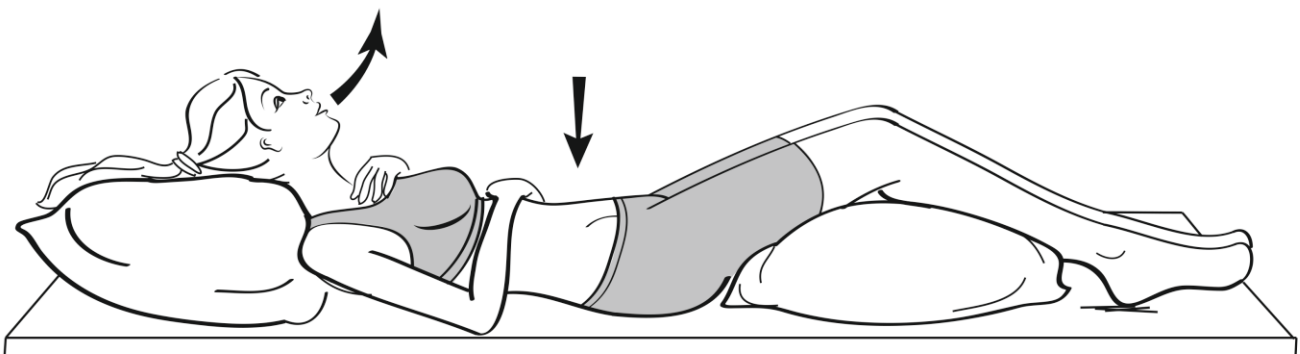
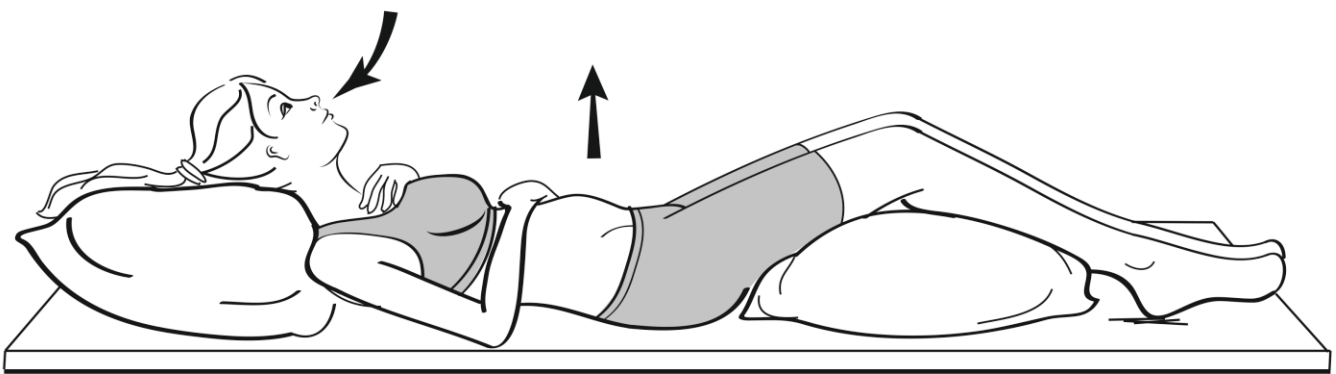


BONUS: Breathing Exercise

The exercise can be performed in any position, but you may find it easier lying down to start with. We recommend this as a great de-stressor!

Lie on your back, with one hand on your stomach and the other hand on your chest. The idea is to breathe in a way that only the stomach hand rises and falls when you breathe.

Start by breathing through the mouth only. Once you get the hang of it, you can breathe in through the nose and out through the mouth and can be done sitting, standing or even walking, eventually.



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I would appreciate that.
Thanks!

Vispi Jamooji

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