



# Seated Physical Activity Using a Stress Ball



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# Safety

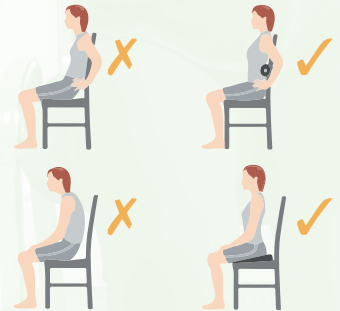
- Ensure the chair you are using is sturdy and stable
- Wear comfortable clothing and suitable footwear
- Prepare your space and have some water on hand before you start
- While exercising, if you experience chest pain, dizziness or severe shortness of breath, stop immediately and contact your GP (or call an ambulance if you feel very unwell and your symptoms persist once you have stop exercising)
- If you experience pain in your joints or muscles, stop, check your position and try again. If the pain persists, seek advice from your GP - slight muscle soreness the next day is completely normal
- Breathe normally throughout the exercises and do not hold your breath
- Maintain correct posture throughout the exercises
- Aim to do the exercises twice a week

## Correct Posture:

- Sitting up straight and looking forward without straining the neck
- Chin parallel to the floor
- Shoulders relaxed
- Knees inline over ankles
- Feet shoulder width apart and flat to the floor – if this is not possible use a footrest or box
- When completing the exercises, move slightly forward on your chair so there is a gap between your back and the chair, engaging the abdominal muscles

### Disclaimer:

Before taking part in any activities within this booklet, Charnwood Borough Council and our partners strongly recommend that you make appropriate checks to ensure high quality provision and a safe environment is provided. Charnwood Borough Council and our partners accepts no liability (to the full extent permitted by law) for the quality of the activities provided. Whilst taking part in physical activity, participants should ensure they take part at a level which is appropriate to them and their health. It is recommended that participants follow the Chief Medical Officers Guidelines for physical activity. Participants will choose to utilise the activities in this booklet and take part at their own risk.

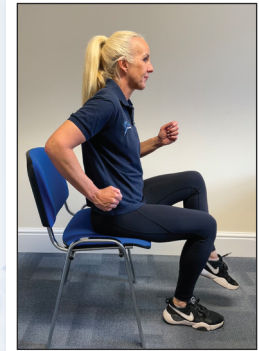


# Warm Up

This is your circulation booster to get the body warm and prepare it for exercise. Ensure you have correct posture (refer to page 2)

## SEATED MARCHING

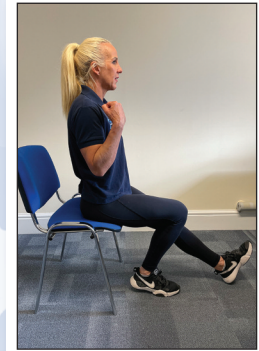
- Come to the front part of the chair
- March on the spot by lifting alternate knees, aim to have your knees as high as your hips
- As you lift one leg, raise the opposite arm into the air, then lower it as you lower your leg
- Repeat for 1 minute



Seated Marching

## HEEL TAPS WITH BICEP CURLS

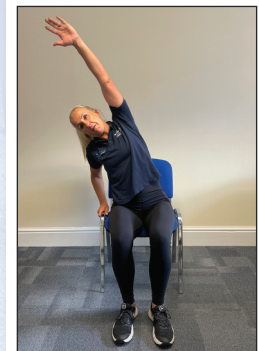
- Start with both feet on the floor with arms extended down by your side
- Extend one leg out in front, touching the heel to the ground with toes facing upwards
- Simultaneously bring both of your wrists towards the shoulders in a bicep curl motion
- Return to starting position and repeat alternating legs
- Repeat for 1 minute



Heel Taps

## SIDE BENDS

- Place one hand onto the side of the chair, extend the other arm towards the ceiling and reach over
- 4 in total on each side, holding for 4-5 seconds



Side Bends

## SHOULDER ROLLS

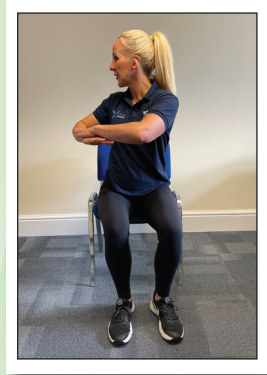
- Rotate your shoulders in a circular motion
- 8 in a forward motion followed by 8 in a backward motion



Shoulder Rolls

## TRUNK TWIST

- Cross the arms over the chest and twist to the side
- Shoulders and neck all in line, move with the back
- Hold for 5 seconds each side



Trunk Twist

# Stress Ball Exercises

Repeat each exercise for 8 repetitions (1 set) and complete 2 sets, have a 30 second rest between each set. It is important to maintain correct posture (refer to page 2) and remember to keep breathing during the exercises – do not hold your breath.

## TAI CHI ARM MOVEMENT

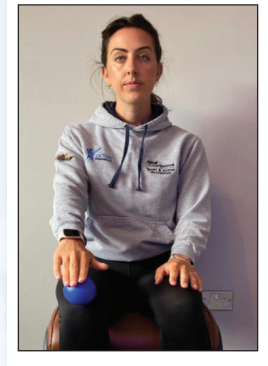
- Hold the ball between both hand with your elbows facing outwards
- Roll the ball around your palms in a circular motion
- Repeat for 1 minute trying not to drop the ball



Tai Chi Arm Movement

## ARM EXTENSION

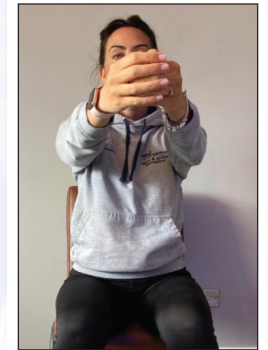
- Place the ball on you leg and gently roll the ball along your thigh to your knee in a controlled manner
- Return the ball back to the starting position
- Complete 8-10 times and repeat on the other side



Arm Extension

## CHEST PRESS

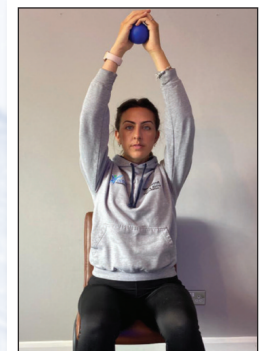
- Hold the ball between both hands
- Extend the arms away from the body
- Keep the arms in-line with the shoulders
- Return the arms to the starting position
- Complete 8-10 times



Chest Press

## SHOULDER PRESS

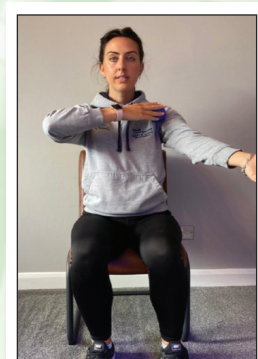
- Hold the ball between both hands
- Extend the arms up towards the ceiling
- Return the arms back down and repeat
- Complete 8-10 times



Shoulder Press

## WRIST WALK

- Walk the ball along your arm from the wrist to your shoulder
- Using your fingertips bring the ball along the chest to the opposite shoulder
- Change hands and continue to roll the ball back down the arm to the opposite wrist



Wrist Walk

## CHEST SQUEEZES

- Place the ball between the palm of your hands
- Lift your elbows away from your body in-line with your shoulders
- Gently squeeze the ball between the palm of your hands and hold for a couple of seconds
- Release and complete 8-10 times

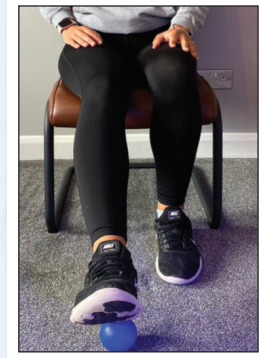


Chest Squeezes



## LEG EXTENSION

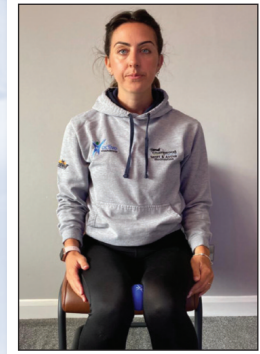
- Place the ball under your toes
- Slowly extend your leg away from your body rolling the ball under the arch of your foot towards your heel
- Return your leg and the ball back to the starting position
- Complete 8-10 times and repeat on the other side



Leg Extension

## THIGH SQUEEZE

- Place the ball between your knees
- Gently squeeze your knees together and hold for a couple of seconds
- Complete 8-10 times



Thigh Squeeze

## HAND AND WRIST STRENGTHENING

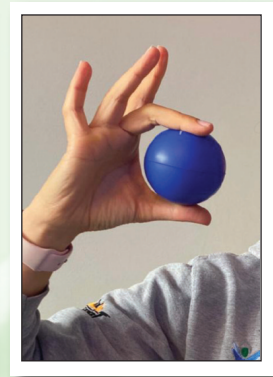
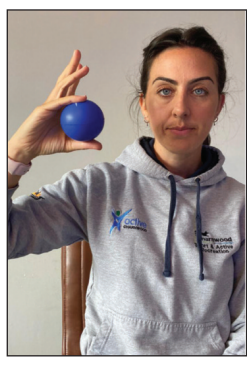
- Squeeze the ball using your whole hand
- Complete 8-10 times and repeat on the other hand (you might find this more challenging with your less dominant hand)



Hand and Wrist Strengthening

## FINGER DEXTERITY EXERCISES

- Pinch the ball with your finger and your thumb and squeeze 10 times
- Repeat this with each finger and your thumb (this might get more challenging as you move onto the little fingers)



## WORKOUT COMPLETE

- Well done, you have finished your exercise
- Try to do these home exercises at least twice per week and increase over a period of time

### Finger Dexterity Exercises

## COOL DOWN

- Repeat the exercises from the warm up section



### Contact Us:

To find out more about all the activities we offer and support, please visit our website at [www.active-charnwood.org](http://www.active-charnwood.org) or contact a member of the team on:



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