



Seated Physical Activity Using a Theraband



www.active-charnwood.org



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 - gradually increase the amount of resistance on the band

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.

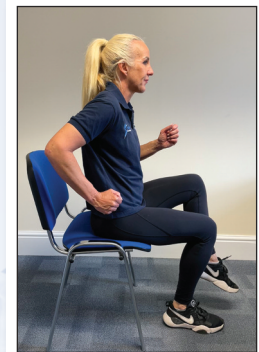


Warm Up

This is your circulation booster to get the body warm and prepare it for exercise. Ensure you have correct posture (refer to page 1)

SEATED MARCHING

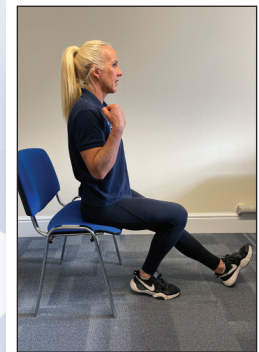
- Come to the front part of the chair
- March on the spot by lifting alternate knees, aim to have your knees as high as your hips
- As you lift one leg, raise the opposite arm into the air, then lower it as you lower your leg
- Repeat for 1 minute



Seated Marching

HEEL TAPS WITH BICEP CURLS

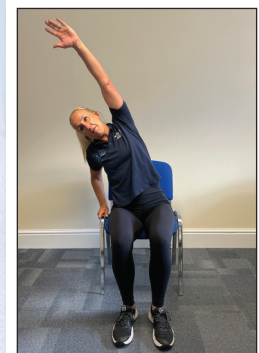
- Start with both feet on the floor with arms extended down by your side
- Extend one leg out in front, touching the heel to the ground with toes facing upwards
- Simultaneously bring both of your wrists towards the shoulders in a bicep curl motion
- Return to starting position and repeat alternating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

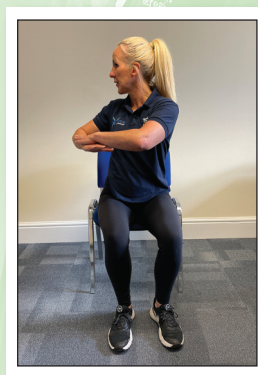
- Rotate your shoulders in a circular motion
- 8 in a forward motion followed by 8 in a backward motion



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



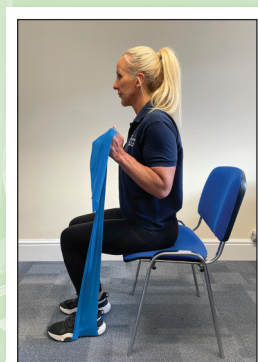
Trunk Twist

Theraband 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 1) and remember to keep breathing during the exercises – do not hold your breath.

BICEP CURL

- Hold the end of the band in one hand
- Place the other end of the band onto the floor with both feet on top
- Hold the band next to the thigh with thumb facing upwards
- Keep elbow facing the floor as you pull the TheraBand towards the shoulder, ensure the elbow is next to the body
- Extend the arm back down next to the thigh, you should feel the tension in the front of the arm
- After completing the two sets on one arm, switch to the other arm and repeat



Bicep Curl

TRICEP EXTENSION

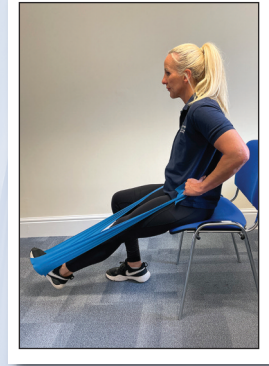
- Hold the end of the band in one hand
- Place the other end of the band onto the floor with both feet on top
- Hold the band next to the thigh with thumb facing the floor
- Pull back the band backwards keeping the arm straight, feeling the tension in the back of the arm
- Return hand to the thigh and repeat
- After completing the two sets on one arm, switch to the other arm and repeat



Tricep Extension

LEG PRESS

- Hold the ends of the band in each hand
- Drop the middle of band to the floor and place the ball of the foot on top of the band
- Hold band either side of knee with thumbs facing up
- Lift the knee and pull hands onto hips
- Extend the leg out with heel toward the floor and toes facing upwards
- After completing the two sets on one leg, switch to the other leg and repeat

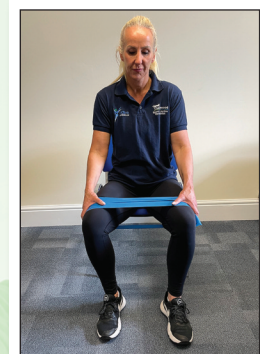


Leg Press



OUTER THIGH STRENGTHENER

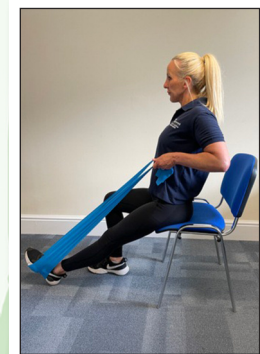
- Feet and knees shoulder width apart
- Take the band underneath the legs and wrap around the thighs just above the knees
- Place the hands-on top of the band to secure
- Push outwards with the thighs, then return to resting position



Outer Thigh Strengthener

SEATED ROW

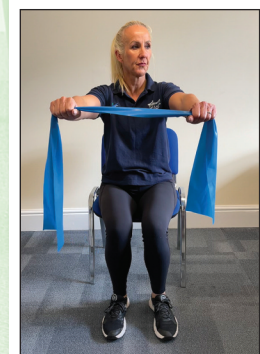
- Hold the ends of the band in each hand
- Drop the middle of band to the floor and place the ball of the foot on top of the band
- Extend the leg out and place the heel on the floor
- Thumbs facing down
- Pull the elbows to the back of the room, squeezing the shoulder blades together
- Keep the shoulder back



Seated Row

CHEST PULL

- Hold the band shoulder width apart palms facing the floor
- Pull the band to open wide to the chest and hold for a few seconds



Chest Pull

UPPER BACK STRENGTHENER

- Palms facing the ceiling fist width apart
- Place the band inline with the belly button
- Pull the band tight out to the side to add tension and hold for a few seconds and release



Upper Back Strengthener

WRIST STRENGTHENER

- Fold the band in half and half again
- Place one hand on top of the other
- Twist the band like you are wringing water from a cloth
- Pull in the opposite direction
- Hold for 5 seconds - remember to breathe normally
- Place the other hand on top and twist the opposite way



Waist Strengthener

CHEST STRENGTHENER

- Place the band at the back of the chair a quarter of the way down
- Sit in the chair using the back rest
- Band comes through the arm pits next to the chest
- Thumbs facing up
- Pull the band forward and extend the arms
- Criss Cross the band over in front of you for 8



Chest Strengthener

SHOULDER STRENGTHENER

- Hold the band shoulder width apart
- Pull a bit of tension in the band
- Lift the band up to eye level and back down again



WORKOUT COMPLETE

- Well done, you have finished your exercise
- Repeat stretches from the warm up
- Try to do these home exercises at least twice per week

Shoulder Strengthener



Contact Us:

To find out more about all the activities we offer and support, please visit our website at www.active-chnwood.org or contact a member of the team on:



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