

Chair Strength

12 reps of each. Select a hand-weight that produces a *moderate* effort

Shoulder Shrug

- Drop your arms to your sides
- Palms should face inwards
- Lift (shrug) shoulder towards ears



Hug the Tree

- Raise your arms to each side, maintaining a slight bend at the elbow.
- Maintain the same joint angle at the elbow as you bring both arms in front of you until the weights touch.
- Return to start position



Bicep Curl

- Drop arms to your sides
- Palms should face forward
- Curl elbow to bring weights towards shoulders



Overhead Press

- Start with weights at shoulders (90 degrees at elbows and at shoulders)
- Palms should face forward
- Lift arms above your head
- Lower arms back to starting position



Alternative—Neutral Grip

- Start with weights at shoulders (90 degrees at elbows and at shoulders)
- Palms should face inward
- Lift arms above your head
- Lower arms back to starting position



Lateral Raise

- Start with weights at side (90 degrees at elbows)
- Keeping the elbows bent 90 degrees, squeeze the shoulder to raise both arms until parallel with floor (palms will be facing down)
- Lower to starting position



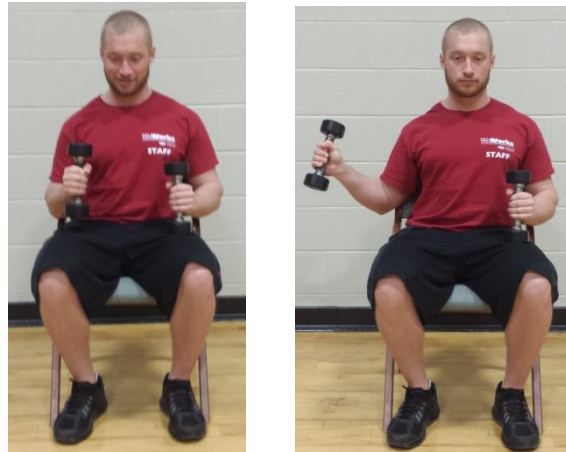
Suitcase Carry

- Start with weights at side, keeping them near the body.
- Lift the weights up the side of the body until they're just below the armpit.
- Lower weights to starting position



Rotator Cuff

- One arm at a time: With elbow touching your side, rotate upper arm outward as far as comfortable.
- Make sure to keep upper arm tight against your body



Open Can

- Start with weights at your side, thumbs pointing up.
- Raise arms up and out in a V-shape (until parallel to the ground)



Frontal Raises

- Rest weights on your knees
- Palms should face downward
- Lift weights one at a time to shoulder height



Hands-in-the-Back-Pocket

- Sit on the front edge of the chair
- Start by holding weight in your lap
- Bring weights behind body (as if putting something in your back pocket) by rotating the upper arm
- Return to starting position
- Tip: Your palms will always face your body.



Wrist Curl (bottom of forearm)

- Sit on the front edge of the chair
- Start by holding the weights with your palms facing up
- Curl the weights towards your body
- Return to starting position



Reverse Wrist Curl (top of forearm)

- Sit on the front edge of the chair
- Start by holding the weights with your palms facing down
- Curl the weights towards your body
- Return to starting position



Overhead Triceps Extension

- Sit on the front edge of the chair
- Start by holding the weights over your head with elbows bent
- Straighten your elbows by extending your arms upward
- Return to starting position



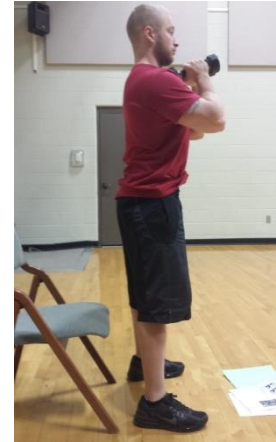
Steering Wheel

- Sit up straight, grab a single dumbbell by each end, hold it in front of you.
- Steer to the left and steer to the right. This is one rep.
- Straighter elbows = increased difficulty



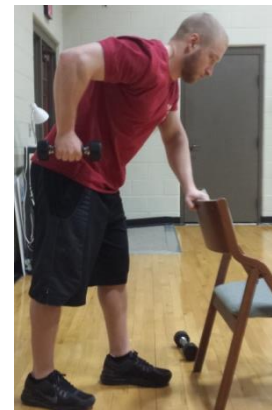
Sit-Stand

- Sit on the front edge of the chair with your feet about shoulder width apart and toes pointing forward or slightly outward.
- Stand up
- Return to starting position



Start the Lawnmower

- One arm at a time
- Put one hand on chair and step the same leg forward. Step the other leg back.
- With a slight lean, let the weighted arm hang towards the ground.
- Bring your elbow upwards and back near the body (like you are starting a lawnmower)



Triceps Kickback

- One arm at a time
- Put one hand on chair and step the same leg forward. Step the other leg back.
- With a slight lean, have upper arm parallel to floor and elbow bent to 90 degrees.
- Straighten elbow.
- Slowly return to starting position.



Abduction

- Stand with your side to the wall
- Raise your outer leg straight out to the side by squeezing the outside of your thigh.



Adduction

- Stand with your side to the wall
- Bring inner leg across your body, by squeezing the inner thigh.



Outside elbow to inside knee

- Stand with the side of your body against the wall
- Bring your outside elbow to your inside knee as best you can



Knee Extension

- Stand with the side of your body against the wall
- Raise outside knee up to a 90 degree angle
- While knee is raised straighten knee
- Return to starting position having both feet on the ground



Wall Push-Ups

- Stand facing the wall
- Arms and feet should be shoulder width apart
- Bend your elbows and try to touch your nose to the wall
- Move further from the wall to make the exercise harder and closer to the wall to make the exercise easier.



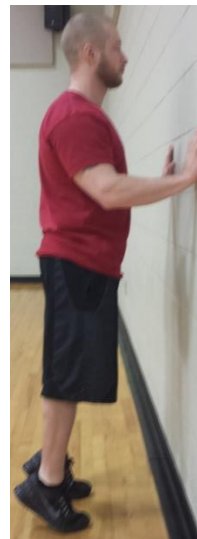
Straight Leg Kickbacks

- Stand facing the wall on one leg.
- Kick the other leg straight back by squeezing your sitting muscle.



Calf Raises

- Stand facing the wall
- Start with flat feet then raise up on your toes, squeezing the muscle on the back on your lower leg.



Row (Pull)

- Anchor a resistance band chest height.
- Stand with feet hip width, knees “soft,” and elbows straight.
- Pull both handles to the chest.
- Return to start position slowly.



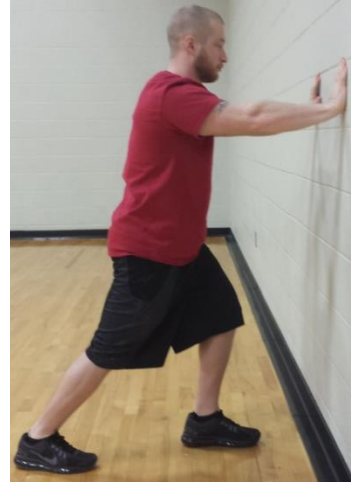
Chest Press (Push)

- Anchor a resistance band chest height.
- Stand with a wide, split-stance, and “soft” knees.
- Hold both handles at the chest with band under armpit.
- Push both handles away from chest.
- Return to start position slowly.



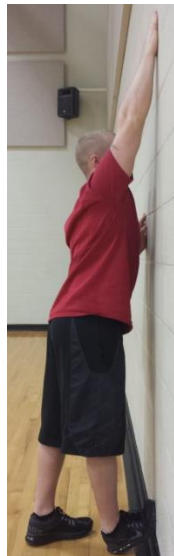
Calf Stretch #1

- Stand facing the wall
- Put your foot close to the wall and step the other foot back, keeping both heels on the floor
- Lean forward at hips to deepen stretch.
- Hold for 10-15 breaths



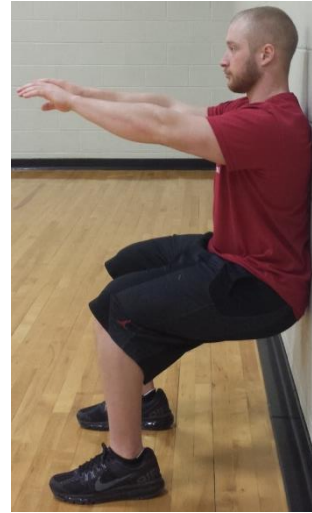
Calf Stretch #2

- Stand facing the wall
- Put the ball of one foot on the wall, keeping the heel of the same foot on the ground
- Reach overhead with the arm of the same side
- Hold for 10-15 breaths



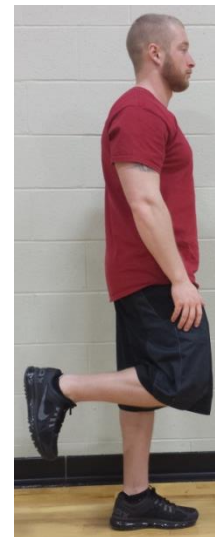
Wall Squats

- Stand with your back on the wall, feet shoulder width apart and toes pointed forward or slightly outward.
- Keeping your back on the wall, squat down only as far as you feel comfortable.



Balance

- Start with both feet on the ground
- Raise one foot off the ground holding for 15-30 breaths
- Return to starting position
- To increase difficulty, hold for longer time or close your eyes.





Edited by Jedd Beros, 2015 and Josh Christen, 2019.

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