



GETTING FIT WHILE YOU SIT

Whether you're exhausted after work, rehabbing an injury or you simply don't feel like performing standing exercises, you can always get a workout in while sitting down. Depending on your personal fitness and mobility level, you have different options for exercise. You can hit the gym, only working on machines or equipment that allow you to sit, or you can exercise at home or at your office from the comfort of your chair. Exercise for at least 30 minutes and at least three times a week to meet the American College of Sports Medicine minimum guidelines for physical activity.

Step 1

Ride a recumbent bicycle for 30 minutes. This machine allows you to sit, leaning against a back rest, with your legs extended in front of you. Start one of the preset workouts and pedal without extra stress on your feet or back.

Step 2

Pedal an arm ergometer for 20 minutes. An arm ergometer looks like a bicycle for the arms. If you're wheelchair bound, most arm ergometers provide you with the option of rolling your chair right up to the machine, where you will rotate your arms as though you were pedaling a bike.

Step 3

Put on your boxing gloves and while you sit at home watching your favorite TV shows, shadow box for 30 minutes. Throw jabs and uppercuts, add combinations and don't forget to tighten your abs as you move through the routine.

Step 1

Cycle through a circuit at your gym. Most exercise machines provide padded seats for you to sit on while performing muscle-specific exercises, such as leg extensions, leg curls, bicep curls, tricep extensions and more.

Step 2

Use dumbbells at home to perform seated exercises. Options include dumbbell curls, tricep kickbacks, seated shoulder presses and seated calf raises.

Step 3

Sit while holding a medicine ball and perform abdominal exercises such as seated trunk rotations and sit-ups or curls. If you're doing these in a chair, sit on the chair's edge and only perform the top half of the sit-up, concentrating on keeping your abs tight and engaged.



Tips and Warnings

- If you have the mobility, try to include full-body exercises into your routine at least once a week.
- Leg exercises can be difficult to perform while sitting. If you have access to seated machines that perform compound movements, such as the recumbent bike or seated leg press, use them.

Things You'll Need

- Medicine ball
- Arm ergometer
- Boxing gloves
- Recumbent bike
- Dumbbells