

SIT TO STAND USING AN ARMCHAIR

REPS: 10, SETS: 1, DAILY: 1, WEEKLY: 7

STEPS 1, 2, & 3



SETUP

Begin sitting upright with your feet flat on the ground and your hands on the armrests of the chair.

MOVEMENT

1. Move your bottom forward in the chair before you start the movement
2. Lean your torso forward so your head is over your toes, then press into your feet and hands to stand up.
3. Slowly sit back down using the armrests for support.
4. Repeat

TIPS

- Make sure to maintain your balance and try to keep your weight evenly distributed between both legs. Do not lock your legs when you are standing.
- As this becomes easier, challenge yourself to use one arm to push and then without arm support.
- After 10 repetitions becomes easier, work toward completing 3 sets of 10.