

CHAIR BASED EXERCISE PROGRAM (No equipment required)



Compliments of JQ's Parkinson's Training Center.
www.ParkinsonsTrainingCenter.com

About this guide

Firstly, this is a relatively straight forward exercise program. These exercises can and should be done every day. If you can't manage to do all of the exercises due to time constraints then pick 3 or 4 maybe more and do what you can when you can. When you select certain exercises from this guide to do – here's a suggestion –

Pick one exercise that you CAN or find EASIER to do and pick one exercise that you find DIFFICULT and HARDER to do. Challenge yourself to get a little bit stronger, increase your flexibility and endurance every day. It has been said that one workout a week helps improve mental wellbeing, two workouts a week start making you stronger! Imagine what could be achieved when you exercise three or more times per week.

Maintaining a minimum amount of muscular strength is essential for performing a wide range of everyday activities. This remains true as we get older or if we have been diagnosed with a disease like Parkinson's. Strength decreases with age – strength based training can help combat this loss.

Strength training is performed after a thorough warm up and is followed by a cool down. Use the following guide to help create your own chair based exercise program. Many of these exercises can also be completed standing up.

Build your own strength based exercise program without equipment

Strength training does not need to be done on expensive machines or by lifting heavy weights. You do not need a gym membership or attend a gym to do them either. You can do strength training at home, at the office or sitting in the car (not whilst driving please!) At home use a sturdy chair, one without arms is best; just make sure it's not too soft or low. In this guide we are not using any equipment.

Frailty

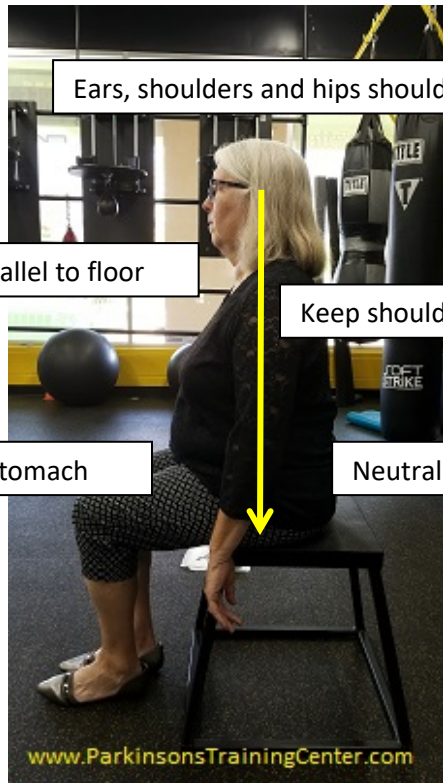
Frailty is not a contraindication to strength training and chair based exercise but conversely one of the most important reasons to commence it.

The Department of Health (2011) recommend adults (19 – 64 years) and older adults (65+ years) should carry out physical activity to improve muscular strength on at least two occasions / days per week.

The American College of Sports Medicine, or ACSM for short, developed these guidelines further. In the table below you will find their 2014 recommendations for strength training for both adults and older adults.

Frequency (how often)	Each major muscle group should be trained on 2-3 days every week, so that any single muscle group has at least 48 hours rest between strength training sessions
Intensity (how hard)	<p><u>For adults</u></p> <ul style="list-style-type: none"> • Moderate – Intensity strength training (60 -70% of 1RM) is recommended for novice and intermediate adults to improve strength. • Vigorous – intensity strength training (80% or more of 1RM) is recommended for experienced adults to improve strength. <p>1RM stands for 1 repetition max. This is the maximum amount of weight you can lift once only.</p> <p><u>For older adults</u></p> <ul style="list-style-type: none"> • Light – intensity strength training (40 -50% of 1RM) is suitable for older adults starting strength training. • Moderate – Intensity strength training (60 -70% of 1RM) is recommended to improve strength. • Progress as tolerated to vigorous – intensity (80% of 1RM) <p>If repetition maximums are not recorded, resistance intensity is determined using a scale of 0 - 10 On this scale, if a rating of 5 – 6 ('somewhat hard') is given, this equates to moderate intensity, and a rate of 7 – 8 ('hard') denotes vigorous intensity.</p>
Time (how long)	<p>No specific duration for strength training has been identified. We should perhaps substitute 'time' for 'volume' here:</p> <ul style="list-style-type: none"> • 2 - 4 sets of 8 - 12 repetitions each are recommended to improve strength in most adults. • 1 or more sets of 10 – 15 repetitions each are recommended for older adults.
Type (what to do)	Exercises involving each major muscle group should be performed. A wide variety of exercise equipment (such as exercise balls, bands and dumbbells) can be used to improve strength.

Seated Posture



There are a lot of key points to remember here. Do not worry about remembering them all at once. Focus on a couple each time you exercise and you will soon become familiar.

Feedback from another person or from looking at yourself in a mirror is a good way of checking and improving your seated posture and form of exercise being undertaken



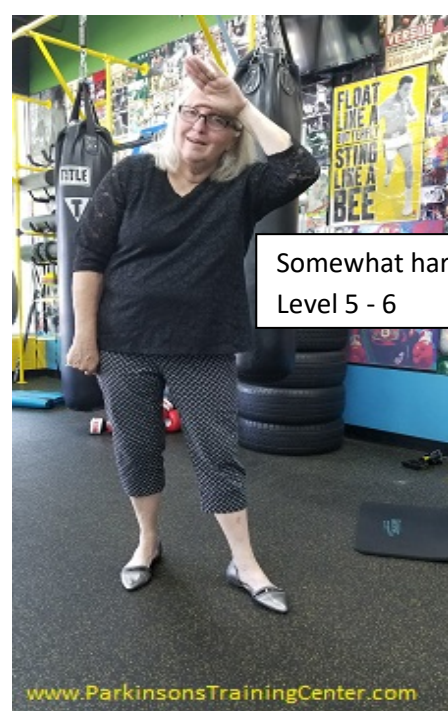
BREATHE COMFORTABLY AT
ALL TIMES

How hard will this be?

For beginners new to exercise this chair based workout is considered to be:



For those accustomed to exercise this chair based workout is considered to be:



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1. Resisted arm curls

Purpose:

- This will help strengthen muscles on the front of your arms.

Instructions:

- Place your right hand on your right knee, palm facing up and arm extended / straight.
- Place your left hand on your right wrist and push down throughout to add resistance to your right arm.
- Keeping the right elbow fixed into your ribs, curl / raise your right hand to your right shoulder. You are performing a bicep curl and working your biceps. Congratulations – great start!
- After a few repetitions (you can use the guide on the previous page as to how many reps you should attempt) switch to the left arm.



2. Resisted triceps press

Purpose:

- This will strengthen the back of your arms.

Instructions:

- Bend your right arm so that your right hand is in front of your right shoulder, your palm is facing forward.
- Grasp your right wrist or apply pressure to the right forearm with your left hand. Push throughout to add resistance.
- Keeping the upper left arm still as possible, straighten the right arm, and then return to the same starting position. This move is a favorite for the ladies!
- After a few repetitions, perform with the other arm.



3. Resisted lateral raises

Purpose:

- This will strengthen the muscles of your shoulder.

Instructions:

- Reach across your body with your left arm and grasp your upper right arm, just above the elbow. Apply pressure to the right arm with the left and maintain pressure throughout.
- Raise your right arm out to the side and raise up to shoulder height (do not raise above shoulder height).
- Lower back down to starting position and repeat.
- After completing your 'set' (chosen number of reps), perform with the other arm.



4. Resisted front raises

Purpose:

- This will strengthen muscles on your chest and the front of your shoulders.

Instructions:

- Reach across your stomach with your left arm and grasp your right forearm, just below the elbow – push downwards throughout to add resistance.
- With your palm facing the floor - raise your right arm up in front (to about shoulder height), and then lower back down.
- After your first set of repetitions, perform with the other arm.



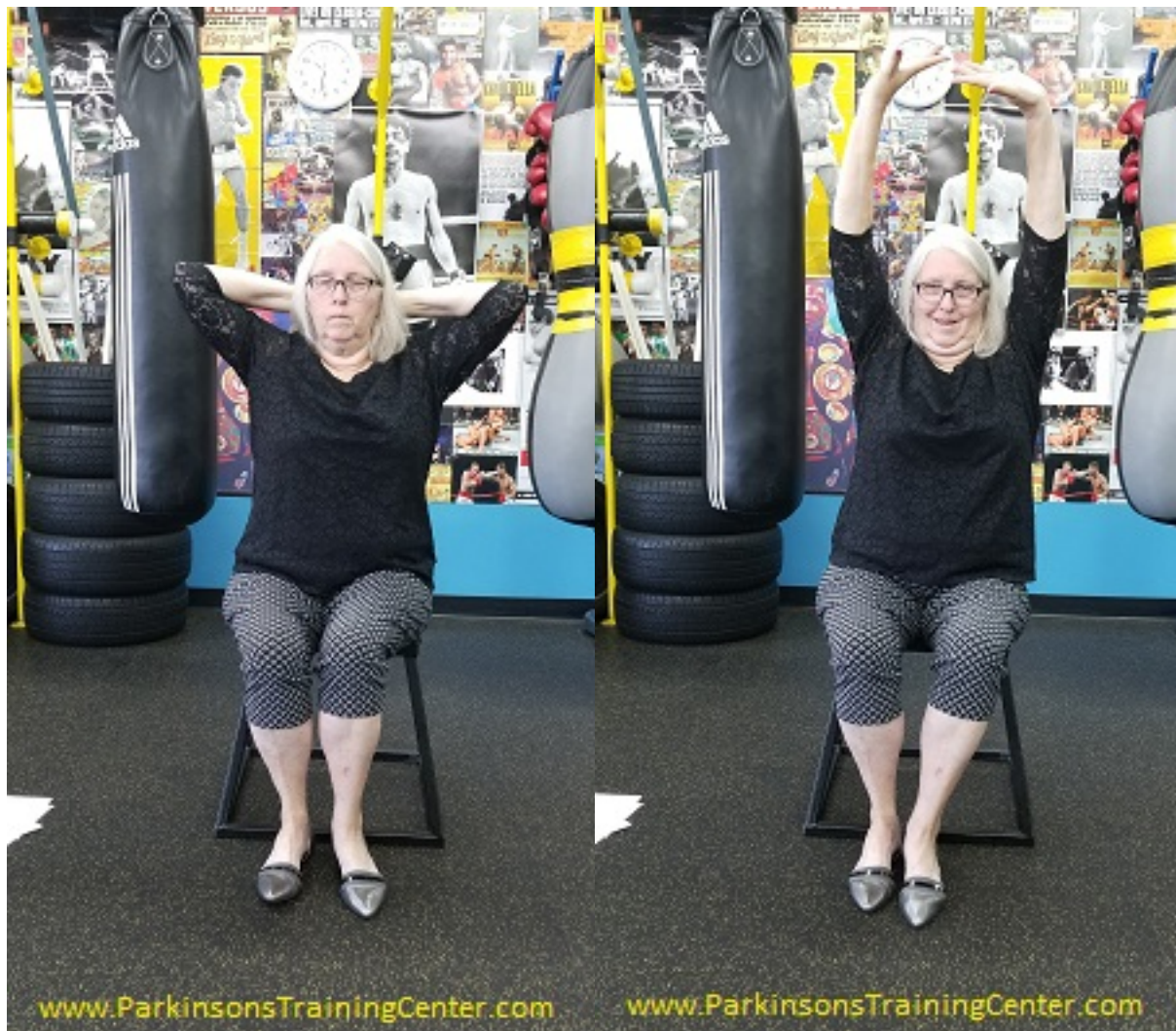
5. Head shave

Purpose:

- This will strengthen muscles of the upper back, shoulders and back of the arms.

Instructions:

- Place your hands behind your head, palms touching your head. Keep your elbows high and pointing out to the sides.
- Keeping your elbows out, raise your arms up the back of your head, turns your palms towards the ceiling and reach up as high as you can with both arms simultaneously.
- Lower back down, placing hands behind the head, palms again touching the head, and repeat.



6. Resisted knee lifts

Purpose:

- This will strengthen the muscles on the front of your hips and thighs.

Instructions:

- Place your palms face down on your left thigh, just above the knees – push down to add resistance throughout.
- Raise your knee (lifting your leg off the floor) as high as you can, and then lower back down.
- Complete your first set of repetitions and then repeat with the other knee.



7. Sit to stand

Purpose:

- This will strengthen muscles of your thighs and glutes (bottom).

Instructions:

- Scoot your bottom towards the front edge of the chair. Be careful not to lose balance by moving too far forward on your chair.
- Position your feet on the floor directly under your knees so that your knees are directly above the toes (keep both heels on the floor) Place your palms on your thighs just above your knees, fingers pointing in
- Lean slightly forward, squeeze your glutes, tense leg muscles as you push down through the feet and rise to a standing position. Stand as tall as you are able. (If falling backwards is a concern please have a partner on hand to protect from falling.)
- Sit back down, (make sure you have not moved away from the chair) – push your bottom backwards and lower to a seated position. Control the speed of decent, try not to flop!



8. Resisted leg circles

Purpose:

- This will strengthen muscles on the front of your hips and thighs.

Instructions:

- Place your left hand on your left thigh, just above the knee – push down throughout to add resistance (you may press with both hands as shown in the picture to add difficulty)
- Straighten the left leg, and rotate in a circle from the hip in a clockwise direction.
- After a few repetitions – circle the other direction.
- Repeat on the other leg.



9. Leg extension

Purpose:

- This will strengthen muscles on the front of the thighs.

Instructions:

- Keep the knee still, straighten the left leg, and then lower under control
- After a few repetitions, perform with the other leg.



10. Static leg curls

Purpose:

- This will strengthen muscles on the back of your thighs.

Instructions:

- Sit with heels pressed against the chair legs
- Pull your legs back and press them as firmly as possible into the chair leg.
- Keep pulling back on the legs for a few seconds, and then release.



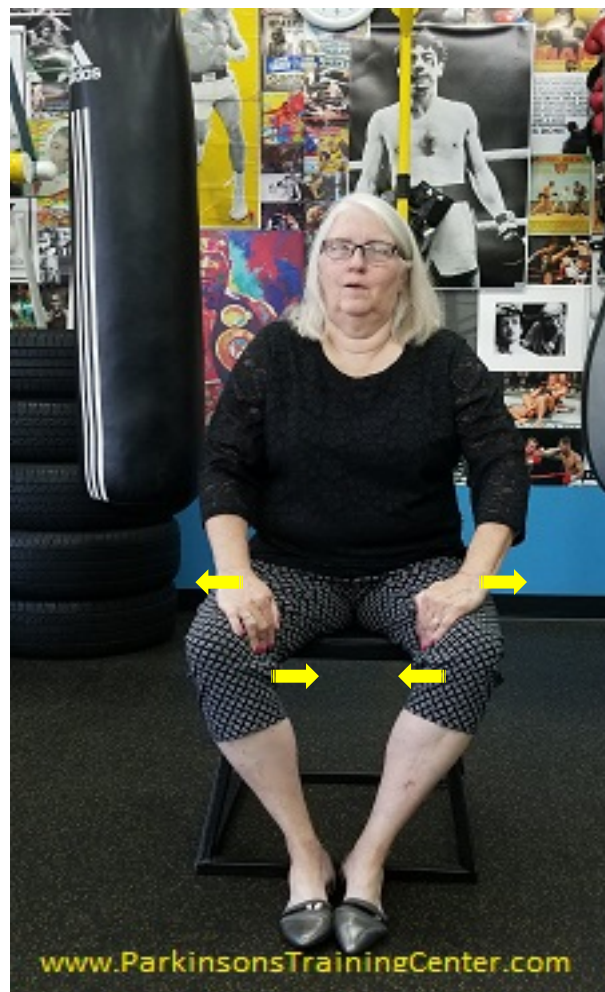
11. Resisted inner thigh squeezes

Purpose:

- This will strengthen muscles of your inside thighs.

Instructions:

- Sit with your feet together and separate the knees.
- Place your hands on the inside of each thighs (just above the knee), and push your legs outwards to add resistance.
- Resist against the pressure with the legs and slowly bring your knees back together. Separate the knees and repeat.



12. Resisted outer thigh squeezes

Purpose:

- This will strengthen muscles on the side of your hips.

Instructions:

- Sit with feet and knees together.
- Place your hands on the outside of each knee, and push inwards throughout to add resistance.
- Separate the knees, whilst maintaining resistance, and then bring them back together.
- Repeat.



13. Resisted calf raises

Purpose:

- This will strengthen your calf muscles.

Instructions:

- Lean forwards and rest your forearms on your thighs (just above the knees)
- Raise both heels off the floor as far as you can comfortably, and then lower back down.
- Repeat.



About the provider

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Photographs © by The Parkinson's Training Center.
Featured: Sharry B. Boxing and Training Center client.

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Services

Personal Training for PD
Boxing Training for PD (a Rock Steady Boxing Affiliate)
Strength Training for PD
High Intensity Training for PD
Cardio Training for PD
Flexibility Training for PD
Balance Training for PD
Cognitive Brain Training
Online Personal Training for PD: personalized workouts direct to your inbox

