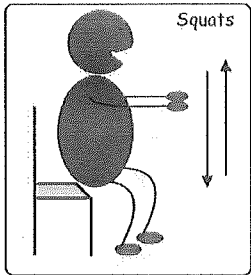
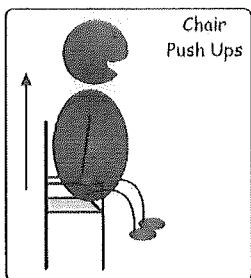


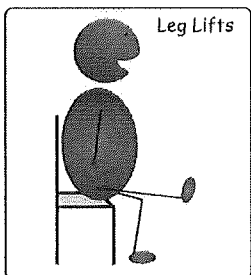
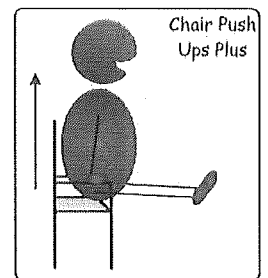
# 5 Strengthening Exercises Using the Classroom Chair



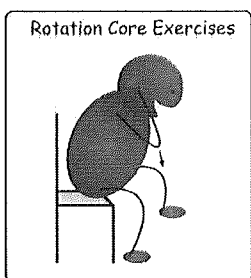
**1. Squats in and out of chair:** Stand in front of your chair with your feet about 10-12 inches apart. Hold your arms at shoulder height, elbows straight, in front of you. Slowly squat down until you almost touch the seat. Then slowly return to standing. Repeat 10-20 times.



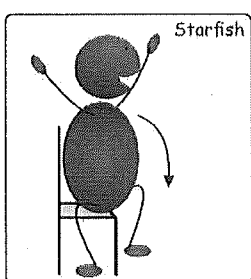
**2. Chair Push Ups or Push Ups Plus:** Sit up straight in your chair. Place your hands on the seat or the arm rests. Lift your body up. To add in more abdominal strengthening, try the Push Ups Plus. Sit up straight in chair with hands on seat or arm rests. This time straighten both of your knees, now lift your body up off the chair using your arms. Hold for 3-5 seconds. Slowly lower your body back into the chair. Try it with your legs crossed (sitting Indian style) and lift your body up.



**3. Leg Lifts:** Sit up straight in the chair. Slowly straighten the right leg lifting up the foot. Hold for 5 seconds. Slowly bend the knee and return the foot to the floor. Repeat with the left leg holding for 5 seconds. Repeat the exercise on each leg 10 times.



**4. Rotation Core Exercise:** For starting position, sit up tall with your hands behind your head, elbows bent and feet flat on floor. Bring right knee up to left elbow and return to starting position. Bring left knee to right elbow and return to starting position. Repeat for a total of 20 times.



**5. Starfish:** Sit in the chair with your feet flat on the floor. Bend at the waist, tuck your arms in and lower your head to your knees. Slowly sit back up straight, lifting arms and legs out wide like a starfish. Bend at waist, tuck arms in again and open back up to starfish position. Repeat 10 times.