

Five Seated Leg Exercises

Seated exercises allow you to target the lower body while seated. These exercises are a great alternative if balance problems prevent you from performing exercises in a standing position or you're recovering from surgery or an injury.



If you are not currently active, consult your primary care provider before increasing your activity. If you would like assistance with scheduling an appointment with your provider or for transportation, please contact MeridianComplete at **1-855-323-4578**.

Warmup



Always begin each workout with a three-to-five minute warmup, either while sitting or standing.

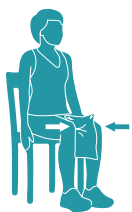
1. Warm up by marching for 30 to 60 seconds
2. Then, perform 30 seconds of arm circles
3. Repeat for three to five minutes

Seated Knee Extensions



1. Sit in a chair with your back straight and your arms at your sides
2. Extend and straighten your right knee while focusing on squeezing your quadriceps muscles, which are at the front of your thigh. Hold for three seconds
3. Change legs and repeat
4. Perform this as a single-leg exercise 15 times on each side or a double-leg exercise for 15 times total

Seated Pillow Squeezes



1. Sit in a chair with your back straight and your arms at your sides
2. Place a pillow between your thighs or knees
3. Squeeze the pillow by contracting your inner thigh muscles. Hold the squeeze for 3 seconds, then relax
4. Perform 12 times

Seated Clamshells



1. Sit in a chair with your back straight and your arms at your sides
2. Bend your knees and place your hands on the outside of your knees. Your hands are going to provide the resistance for your legs
3. Contract the muscles on the outside of your hips by trying to move your knees away from each other. While doing this, use your hands and arms to provide resistance, pushing your knees inward
4. Hold the position for three seconds, then relax
5. Perform 12 times

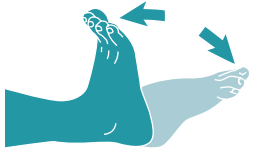


Ankle Pumps with Straight Knees



1. Sit in a chair with your back straight and your arms at your sides
2. Straighten your legs in front of you and pump your toes downward, as if you were pushing down on a gas pedal
3. Hold for three seconds
4. Keep your knees straight and move your ankles in the opposite direction, bringing the top of your feet toward your shins
5. Hold each position for three seconds
6. Perform 10 times in total

Marching (Chair Aerobics)



1. Sit in a chair with your back straight and your arms at your sides
2. Begin by marching with alternate legs. Bring one thigh up as high as possible and return to the starting position, then do the same with your other leg
3. Pump your arms, if possible
4. Continue for 30 seconds, or do 20 total marches

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Español (Spanish): ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-855-323-4578** (TTY: 711).

العربية (Arabic): ملحوظة: إذا كنت تتحدث العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-855-323-4578** (رقم هاتف الصم والبكم: 711).

