

The 15-Minute Chair Exercise Routine

12 moves, seated and standing with the chair for support. Do it 2–3 times a week.



Use a sturdy chair without wheels, with its back against a wall. Do the moves in order once, then repeat any two you most want to improve. Can't stand safely yet? Do the seated moves (marked **S**) twice through. The last few reps of each strength move should feel hard; if you could do 20 more, make it harder.

#	Move	How much	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Seated March S	1 minute	☐	☐	☐	☐	☐	☐	☐
2	Ankle Pumps S	30 seconds each foot	☐	☐	☐	☐	☐	☐	☐
3	Seated Leg Extension S	10 each leg	☐	☐	☐	☐	☐	☐	☐
4	Seated Glute Squeeze S	10–15 squeezes	☐	☐	☐	☐	☐	☐	☐
5	Seated Band Press S	8–10	☐	☐	☐	☐	☐	☐	☐
6	Seated Band Row S	8–10	☐	☐	☐	☐	☐	☐	☐
7	Sit-to-Stand	8–10	☐	☐	☐	☐	☐	☐	☐
8	Standing March	30 seconds	☐	☐	☐	☐	☐	☐	☐
9	Heel Raises	10–15	☐	☐	☐	☐	☐	☐	☐
10	Side Leg Raise	8–10 each leg	☐	☐	☐	☐	☐	☐	☐
11	Single-Leg Stand	10–30 seconds each side	☐	☐	☐	☐	☐	☐	☐
12	Seated Twist S	1 minute, then 6 slow breaths	☐	☐	☐	☐	☐	☐	☐

Stop if you feel chest pain, dizziness, shortness of breath or sharp pain. Mild muscle fatigue is normal.

How to do each move

1. Seated March · 1 minute

Sit tall toward the front of the chair. Lift one knee, then the other, as if marching. Don't lean back.

2. Ankle Pumps · 30 seconds each foot

Point and flex one foot, gently, then the other.

3. Seated Leg Extension · 10 each leg

Straighten one leg, hold for 3 seconds, lower with control.

4. Seated Glute Squeeze · 10–15 squeezes

Squeeze your buttocks as if lifting slightly off the seat. Hold 3–5 seconds, relax.

5. Seated Band Press · 8–10

Band under your feet, handles at your shoulders. Press both hands overhead, lower slowly.

6. Seated Band Row · 8–10

Band around your feet, arms forward. Pull your elbows back and squeeze your shoulder blades.

7. Sit-to-Stand · 8–10

Feet flat, chest tall. Press through your heels, "glutes first," to stand. Lower slowly; don't collapse.

8. Standing March · 30 seconds

Hold the chair back. Lift one knee as high as is comfortable, then the other.

9. Heel Raises · 10–15

Hold the chair back. Rise onto the balls of your feet, pause, lower slowly.

10. Side Leg Raise · 8–10 each leg

Hold the chair back, stand tall. Lift one leg out to the side without leaning, lower slowly.

11. Single-Leg Stand · 10–30 seconds each side

Beside the chair, hand on it if needed. Lift one knee; hover your hand when you can.

12. Seated Twist · 1 minute, then 6 slow breaths

Sit tall, turn gently to one side, then the other. Finish with 6 breaths: in for 4, out for 6.

To make it harder over time: slow down (3 seconds to lower), use a stronger band, add a round, move from seated to standing, and from two hands on the chair to fingertips. Retest with the 30-second chair stand test every 4–8 weeks.

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This is general information, not medical advice. Check with your doctor before starting a new exercise program, and stop if you feel pain, dizziness or shortness of breath.