

19 CHAIR EXERCISES & STRETCHES FOR PAIN RELIEF

WELCOME!

If you're here, chances are your body isn't feeling its best right now. Maybe your back aches, your hips feel tight, or getting down on the floor just isn't comfortable.

I've put together these chair exercises for those days when you want to move, but need something gentle and manageable. Inside you'll find **19 simple chair exercises** to strengthen your core and glutes, improve flexibility, and help you move with less discomfort.

Remember, go at your own pace. Even a few minutes of gentle movement each day can make a real difference over time.

I hope these exercises help you feel stronger, give you the confidence to keep moving, and relieve your pain.

Part 1

Chair Core Exercises



SEATED MARCH

Sit tall and lift one knee toward your chest. Lower slowly and alternate sides.



SEATED KNEE LIFT WITH HAND CLASP

Lift one knee and bring your hands together underneath it. Lower with control and switch sides.



SEATED SINGLE-LEG EXTENSION

Lean back slightly and lift one knee. Extend the leg forward, bend it back in and switch sides.



SEATED STRAIGHT-LEG TAP

Extend one leg forward and gently tap the heel on the floor. Return and alternate sides.



SEATED KNEE-TO-ELBOW CRUNCH

Place your hands behind your head. Lift one knee as you rotate the opposite elbow toward it.



SEATED CROSS-BODY TOE REACH

Reach one hand toward the opposite foot while hinging forward and rotating gently. Return and switch sides.



SEATED OBLIQUE SIDE CRUNCH

Place your hands behind your head and bend your torso toward one side. Return upright and alternate sides.



SEATED JACKS

Open your legs as you raise your arms overhead. Bring your arms and legs back together.

Part 2

Glute and Hip Exercises



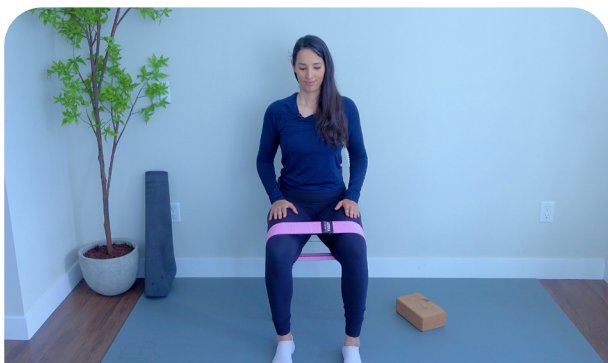
**CHAIR-SUPPORTED
STRAIGHT-LEG HIP
EXTENSION**

Hold the chair and extend one straight leg behind you. Squeeze the glute without arching your lower back.



**CHAIR-SUPPORTED
BENT-KNEE HIP EXTENSION**

Hold the chair and bend one knee. Press the leg backward while keeping your hips facing forward.



**SEATED BANDED HIP
ABDUCTION**

Place a resistance band above your knees. Press your knees outward, then slowly return.



**SEATED
GOOD MORNING**

Sit tall with your feet planted. Hinge forward from your hips, then squeeze your glutes to return upright.



SEATED INNER-THIGH SQUEEZE

Place a block or cushion between your knees. Gently squeeze inward, hold briefly and release.

Part 3

Chair Stretches and Mobility

**SEATED CAT-COW**

Alternate between gently arching and rounding your spine. Move slowly with your breath.

**SEATED HIP ROTATION MOBILITY**

Keep your feet wide and gently rotate both knees from side to side to mobilize the hips.

**SEATED FIGURE-FOUR PIRIFORMIS STRETCH**

Cross one ankle over the opposite thigh. Sit tall and lean forward slightly until you feel a gentle glute stretch.

**CHAIR-SUPPORTED SIDE-BODY STRETCH**

Hold the chair with one hand and reach the opposite arm overhead. Gently lean sideways.



SEATED SHOULDER-BLADE SQUEEZE

Sit tall and draw your elbows backward, gently squeezing your shoulder blades together.



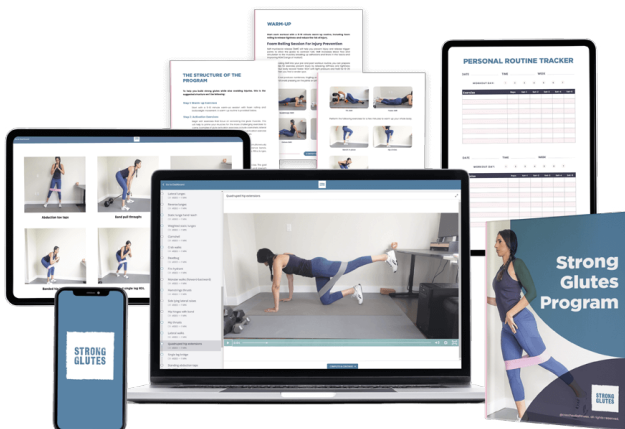
CHAIR-SUPPORTED LOWER-BACK AND LAT STRETCH

Step one foot back, reach the same-side arm overhead and gently lean away from the chair.

Ready for the Next Step?

Chair exercises are a great way to get moving again. But if you want to stabilize your back and hips for long-term relief, my **Deep Core Mini-Training** and **Strong Glutes** programs will show you exactly how.

CLICK BELOW TO LEARN MORE:



Sofia

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CERTIFIED STRENGTH
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CORRECTIVE EXERCISE
SPECIALIST**