

SEATED EXERCISE



Introduction

Seated exercise is a simple and safe way to keep your body active, especially if you have reduced balance, pain or limited strength.

The exercises can be adjusted to suit each person's ability and carried out calmly from a chair, so everyone can take part.

With a VELA chair, exercising becomes even safer and easier to manage, as the chair is designed to provide both comfort and stability.

When you exercise, it is important to notice your muscles working and to feel a little tired afterwards. This is a sign that you are gaining benefit from the training. At the same time, always stay within your own safety zone: avoid movements that cause pain and pay attention to your body's signals.

Tips for getting the most out of your training:

- Choose a chair with good support and stable legs, or use a VELA chair where the brake provides a secure foundation for exercise.
- Make sure you are seated comfortably and stably before you begin.
- Take breaks whenever you need them.
- Drink water before, during and after training.
- Exercise regularly in small sessions rather than doing too much at once.

With consistent seated exercise in a VELA chair, you can strengthen your muscles, improve flexibility and gain more energy in everyday life – all in a safe and manageable way.

SEATED EXERCISE

WARM-UP

Work out with
video here



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Begin with a warm-up to wake up your body, loosen your joints, and prepare for activity.

Neck rolls

Let your chin drop gently toward your chest and slowly roll your head in a circle to one side. Repeat in both directions to loosen the neck and upper back.

Shoulder rolls

Sit upright on the chair. Lift your shoulders towards your ears, roll them back and down in a smooth motion.

3 SETS OF 20 SECONDS



This exercise helps release tension in the shoulders and neck.

Slouch and stretch up

Sit with your feet on the floor. Round your back forward so the chest falls slightly inward.

Then slowly straighten up, stretch the back, and open the chest.

3 SETS OF 20 SECONDS



This exercise strengthens and increases the flexibility of the back.

Arm swings

Sit upright and lift your arms to just below shoulder height.

Swing them gently from side to side while letting your upper body follow the motion.

3 SETS OF 20 SECONDS



This exercise helps release tension in the shoulders, chest, and back.

SEATED EXERCISE

CARDIO

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Cardio-focused chair exercises help boost circulation by activating large muscle groups. These movements raise the heart rate and improve the body's ability to absorb and transport oxygen.

Seated walking/running

Sit upright and alternately lift your feet as if walking in place.

Increase the pace to raise your pulse – then it becomes a seated run.



This exercise boosts circulation and increases energy.

The four corners

Sit upright and lift your feet one at a time.

Step out toward the corners in front of the chair and then back under the seat again.



This exercise strengthens the legs and boosts circulation.

Rowing in the chair

Sit upright and lean slightly forward from the hips.

Stretch your arms forward, then pull them back along the body as if rowing.



This exercise strengthens the back and shoulders.

SEATED EXERCISE

STRENGTH

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video here



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Strength training helps build muscle and supports the health of bones, joints, and tendons. Using an exercise chair provides the stability needed to safely improve user endurance.

Sit to stand

Place your feet on the floor and use the armrests for support as you stand up and sit back down again.

When you feel confident, try without the armrests to train your legs and balance more.



This exercise strengthens the legs and improves balance.

Arm curls/extensions

Sit upright with arms stretched forward. Bend them towards the shoulders and then stretch them up into the air. Reverse the motion to return to the starting point.

Use small water bottles or weights for extra resistance.



This exercise strengthens the arms and shoulders.

Forward/backward bends

Sit upright at the front of the chair with feet on the floor. Bend forward slightly from the hips, then lean your upper body back to stretch the spine.

For support, place your hands on your thighs.



This exercise strengthens the back and lower back.

SEATED EXERCISE

BALANCE

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video here



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Balance-targeting chair exercises help seniors achieve the strength necessary to maintain or regain balance, which is crucial for fall prevention.

Reach up to the side

Sit upright with feet on the floor.
Raise one arm overhead and bend
your upper body gently to the side
to feel a stretch.

Switch sides and repeat.



This exercise strengthens the abdomen, back, and coordination.

Lift same arm and leg

Sit upright on the chair.
Lift your right arm and right leg at the
same time, then lower them slowly.

Switch sides and repeat.



This exercise strengthens both balance and coordination.

Sit to stand

Place your feet on the floor and use
the armrests for support as you stand
up and sit back down again.

When you feel confident, try without
the armrests to train your legs and
balance more.



This exercise strengthens the legs and improves balance.