



Seated Muscle Sculpt

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The [Physical Activity Guidelines for Americans](http://www.cdc.gov/media/releases/2014/p0506-disability-activity.html) recommends all adults, including those with disabilities, get at least 150 minutes (2.5 hours) of moderate – intensity aerobic physical activity each week. If meeting these guidelines is not possible, adults with disabilities should start physical activity slowly based on their abilities and fitness level. (<http://www.cdc.gov/media/releases/2014/p0506-disability-activity.html>)

The Seated Muscle Sculpt workout is beneficial for all adults. It can be useful for those with injury or if ambulation is a problem.

Seated Cardio Exercises

Lateral Arm Raise



Begin by extending arms out straight on either side of body, thumbs pointing up, fingers extended. Draw your upper arms towards your shoulders, and open up through your chest. Imagine pulling the tops of your shoulders down as you elongate your neck to create space in your cervical spine. Your arms should be slightly forward of your shoulders. Begin raising your arms 3-4 inches into the air and return to start. Once you do several slow repetitions, you can speed these up for a toning and cardio exercise. Try 30 second interval sets at about 75% of your max speed, with 30 seconds at 50% in between. Alternate these sets several times to increase heart rate.

Seated Jumping Jack



Begin with bent elbows and arms out to side, palms and forearms are parallel to the floor. Open up through your chest as you draw your upper arms towards your shoulders. Cross your arms in front of you and then out to the side (never bringing elbows back so far that upper arm is perpendicular to body.) Add the second movement by bringing hands to cross up in front of you above your head (hands stay far enough in front that you can still see them when you look up to protect shoulder girdle) and returning down to starting position. Start slowly to ensure correct alignment, and begin to speed up for a cardio exercise. Try 30 second interval sets at about 75% of your max speed, with 30 seconds at 50% in between. Alternate these sets several times to increase heart rate.

Exercises for Postural Balance

Shoulder Press



Begin with your upper arms in close to your side with about a 45 degree angle from upper arm to forearm. Press up as you straighten your arms to make your weights meet overhead (still far enough in front of you that you can see them in their upright position.) Imagine resisting those weights as you slowly bring your elbows back to a bend, your upper arms back to your side. Do each press slowly and with control, exhaling for power as your push up, inhaling and tightening through your core as you resist down. Start with one set, 8-10 reps.

Open/Closes



Bring arms out in front of you with a 90 degree bend from upper arm to elbow. Allow your elbow to come one inch below alignment with your shoulder. Imagine drawing the head of each upper arm in toward your body to stabilize in your shoulder. Inhale, engage the muscles of your back to open your arms up to the side (never bringing your elbows back so far that you cannot see them in your peripheral vision.) Exhale and use your chest to resist the weights as you bring your forearms back to the closed position. Do these slow and controlled to maintain resistance. Start with one set (8-10 reps.) May add an additional set as endurance and strength develop.

Rotator Cuff Rotation



Hold your weights with elbows slightly forward from perpendicular with side body with elbows one inch below shoulder level and at 90 degree angle between upper arm bone and forearm. With a stable core, begin to rotate from your shoulders to lower your palms toward the floor in line with your elbows, and back up to the starting position. This is an effective exercise for strengthening your rotator cuff muscles which work to stabilize your shoulder. Start with one set, 8-12 reps.

W/V Pull and press



Pull your elbow in tight to your sides. Inhale; send your elbows toward each other (movement should be no more than 1-2 inches if starting in proper alignment) for your W position. Exhale, straighten your arms out in a diagonal for the V position (always keeping elbows slightly forward of shoulders.) Focusing on pulling your upper arm bones in tight to your side body and elbows toward each other each time you pull back to W to activate your serratus anterior muscle, which helps connect your back body to your ribs and is extremely important in maintaining proper alignment. Start with one set, 8-12 reps.

Seated Bench Press



Bring your arms up and to your side bending at your elbow like you are holding a bench press bar between your hands (elbows are one inch below and slightly forward of shoulders, forearms are parallel to the ground.) Exhale; extend your arms straight. Begin with one set, 8-10 reps.

Forward Learning Row



Keeping a straight back, lean slightly forward. Bend your elbows, pulling the weights in by your sides, palms facing towards each other. Breathe out and straighten your arms. Inhale; pull your elbows back to your sides. Start with one set, 8-10 reps.

Core Exercises

Seated Curl



Sit up straight and hold your weight in front of you by your stomach. Exhale and begin to curl your upper body forwards. As you inhale extend back to upright seated position. Start with one set, 12-15 reps.

Core Rotations



Sit up straight and hold your weights in front of your body just below your chest. Begin to rotate your upper body to one side and back to center. Allow your head to travel with this rotation to keep your spine aligned. Start with one set, 12-15 reps.

Resources:

<http://www.cdc.gov/media/releases/2014/p0506-disability-activity.html>

<http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>

<http://www.cdc.gov/vitalsigns/disabilities/>