North Tees and Hartlepool NHS Foundation Trust

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Chair Exercises

Week 1:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Heel Raise	Set:							
	Rep:							
Too Tono	Set:							
Toe Taps	Rep:							
Knee	Set:							
Extensions	Rep:							
Marching in	Set:							
Sitting	Rep:							
Heel Slides	Set:							
	Rep:							
Frontal Raise	Set:							
	Rep:							
Lateral Raise	Set:							
	Rep:							
Arms above	Set:							
Head	Rep:							
Punching in	Set:							
front	Rep:							
Davidaa	Set:							
Rowing	Rep:							

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Week 2:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Heel Raise	Set:							
	Rep:							
Too Tono	Set:							
Toe Taps	Rep:							
Knee Extensions	Set:							
	Rep:							
Marching in	Set:							
Sitting	Rep:							
Heel Slides	Set:							
	Rep:							
Frontal Raise	Set:							
	Rep:							
Lateral Raise	Set:							
	Rep:							
Arms above Head	Set:							
	Rep:							
Punching in front	Set:							
	Rep:							
	Set:							
Rowing	Rep:							



Chair Exercises

Week 3:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Heel Raise	Set:							
	Rep:							
	Set:							
Toe Taps	Rep:							
Knee Extensions	Set:							
	Rep:							
Marching in Sitting	Set:							
	Rep:							
Heel Slides	Set:							
	Rep:							
Frontal Raise	Set:							
	Rep:							
Lateral Raise	Set:							
	Rep:							
Arms above Head	Set:							
	Rep:							
Punching in front	Set:							
	Rep:							
Rowing								

Chair Exercises



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Week 4:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Heel Raise	Set:							
	Rep:							
Too Tono	Set:							
Toe Taps	Rep:							
Knee	Set:							
Extensions	Rep:							
Marching in Sitting	Set:							
	Rep:							
Llool Clidoo	Set:							
Heel Slides	Rep:							
Frontal Raise	Set:							
Frontal Raise	Rep:							
Lateral Raise	Set:							
Lateral Raise	Rep:							
Arms above Head	Set:							
	Rep:							
Punching in front	Set:							
	Rep:							
Davisa	Set:							
Rowing	Rep:							

Chair Exercises



Short Term Goals
With regards to your exercises, what are your goals that you wish to achieve within the next 4 to 6 weeks?
Long Term Goals
With regards to your exercises, what are your goals that you wish to achieve within the next 6 to 12+ weeks?