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Seated workouts – not just for the mobility challenged

Tuesday, May 07, 2013

I run over 20 miles a week, but when seeking a spark video I turn to the seated workouts first.

I know the importance of moving your whole body. My whole body moves a lot and quite happily too. Exercise was never my problem. I just ate enormous quantities of food.

I understand that the seated workouts were probably originally designed for those who have trouble standing for extended periods. However, I've become a fan too.

When I view a seated video
 I'm sitting right in front of the screen.
 My focus is on the moves being demonstrated
 My form mirrors the instructor and form is important
 I can concentrate on my upper body

These are moves I can do throughout the day while sitting in a confined space. Sometimes I don't even need a video. Yesterday's Spark email began with seated yoga poses. DH & I have another cruise coming up (after an 8 hr flight). Talk about confined spaces! This is the printout I'll be taking with me.

www.sparkpeople.com/resource/fitness_articles.asp?id=1822

Numbers 7 & 8 will have to wait til we get into our cabin. I don't want to upset the flight crew.

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WILSONWR
You'd have a hard time doing 7 and 8 anyway with the confined spaces in an airplane!
2957 days ago



CD12557708
Great idea! This is a great way to isolate and concentrate on muscles that maybe running leaves out!





2958 days ago



BOILHAM

I do a lot of seated exercises too. They help with concentration and isolating muscle groups, so you're not rocking back on your heels, or using a 'reverse bounce' to get those weights to move. Seated exercises really help you maintain correct form.

Good job!

2959 days ago



CD13886868

You sound like me, always active just ate and ate. Not a clue how to eat healthy, either. I just saw something about the seated exercises the other day, have to say I really like the idea. Thanks a bunch for the link!

2959 days ago



TORTOISE110

Good thinking! Will steal. Heading across county on a jet at end of week. Timely post for me.

THANK YOU!!

2960 days ago



CD13482248

During long flights I get a good rapport with the attendants and walk 'at appropriate times' to the back and explain that I get neck and back muscle cramps. I have never had a problem doing stretching moves, nothing on the floor though...



2960 days ago



DR1939

Good idea!

2960 days ago



MISCHAKEO

Have a great cruise. I have never thought of a seated workout. This may be useful at work!



2960 days ago



KELLIEBEAN

I'm also very active but I am a fan of the seated arm and shoulder video. I do that every once in a while. It is challenging!

Have a great cruise

2960 days ago



CELIAMINER

This really is a good seated workout! I'm just back last night from vacay, and I didn't realize I was already doing half of this workout on the plane (1, 2, 3, 5, and 6). I also do seated twists and knee-to-chest. Glad you have another great cruise planned!

2960 days ago



CD4382497



2960 days ago



NANNABLACK



2960 days ago



COCK-ROBIN

LOL! Have a great time!

2960 days ago



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