



ADAM JESS
PERFORMANCE

Seated Exercise Program

4 Week Program

adamjessperformance@gmail.com



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Introduction

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Purpose

Struggle to exercise or get out of your chair, don't have energy?, don't worry I got you !!!

This program takes you through 4 weeks of exercise you can do sitting down using a training/resistance band. The purpose is to re-introduce you to exercise to rebuild & strengthen your muscles focused on quality movement patterns so that you are able to progress to standing exercise.

The recommendation is to train 2 - 3 days per week with daily body rotations & movement. Exercises will be the same or similar throughout the weeks so the body can adapt to imposed demands.

Equipment Needed

- Chair
- Resistance band
- Water

Examples & Other Workouts

- 1.Senior Fitness - Seated Strength Training Exercises For Seniors Using Resistance Bands
- 2.Senior Fitness - Seated Resistance Band Workout For Beginners
- 3.Resistance band workout- exercise for seniors & beginner workout. Fun resistance band exercises.



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Block 1: Seated Exercise

Week 1

Duration: 30-45 Minutes

Exercise	Equipment	Sets	Reps/Time	Rest
Warm Up				
1.Head side to side	Bodyweight	1	6-10r	10-15s
2.Shoulder shrugs	Bodyweight	1	6-10r	10-15s
3.Shoulder rotations	Bodyweight	1	6-10r	10-15s
4.Hands on shoulders to side reach out	Bodyweight	1	6-10r	10-15s
5.Hands on shoulders to reach up	Bodyweight	1	6-10r	10-15s
Main Session				
1.Single Arm Chest Press Left + Right	Resistance Band	2	6r	60-90s
2.External Rotation With Palms Up	Resistance Band	2	6r	60-90s
3.Hammer Curls	Resistance Band	2	6r	60-90s
4.Seated Leg Raise	Bodyweight	2	6r	60-90s
Cooldown				
1.Reach Over Stretch	Bodyweight	1-2	15-20s	10-15s
2.Bicep Stretch	Bodyweight	1-2	15-20s	10-15s
3.Shoulder Stretch	Bodyweight	1-2	15-20s	10-15s

Week 2

Duration: 30-45 Minutes

Exercise	Equipment	Sets	Reps/Time	Rest
Warm Up				
1.Head side to side	Bodyweight	2	8	10-30s
2.Shoulder shrugs	Bodyweight	2	8	10-30s
3.Shoulder rotations	Bodyweight	2	8	10-30s
4.Hands on shoulders to side reach out	Bodyweight	2	8	10-30s
5.Hands on shoulders to reach up	Bodyweight	2	8	10-30s
Main Session				
1.Single Arm Chest Press Left + Right	Resistance Band	2	8	60-90s
2.External Rotation With Palms Up	Resistance Band	2	8	60-90s
3.Hammer Curls	Resistance Band	2	8	60-90s
4.Seated Leg Raise	Bodyweight	2	8	60-90s
Cooldown				
1.Reach Over Stretch	Bodyweight	2	15-20s	10-15s
2.Bicep Stretch	Bodyweight	2	15-20s	10-15s
3.Shoulder Stretch	Bodyweight	2	15-20s	10-15s

Week 3

Duration: 30-45 Minutes

Exercise	Equipment	Sets	Reps/Time	Rest
Warm Up				
1.Head side to side	Bodyweight	2	10r	15-30s
2.Shoulder shrugs	Bodyweight	2	10r	15-30s
3.Shoulder rotations	Bodyweight	2	10r	15-30s
4.Hands on shoulders to side reach out	Bodyweight	2	10r	15-30s
5.Hands on shoulders to reach up	Bodyweight	2	10r	15-30s
Main Session				
1.Single Arm Chest Press Left + Right	Resistance Band	3	10r	60-90s
2.External Rotation With Palms Up	Resistance Band	3	10r	60-90s
3.Hammer Curls	Resistance Band	3	10r	60-90s
4.Seated Leg Raise	Bodyweight	3	10r	60-90s
Cooldown				
1.Reach Over Stretch	Bodyweight	2-3	20s	10-15s
2.Bicep Stretch	Bodyweight	2-3	20s	10-15s
3.Shoulder Stretch	Bodyweight	2-3	20s	10-15s

Week 4 (Deload)

Duration: 30-45 Minutes

Exercise	Equipment	Sets	Reps/Time	Rest
Warm Up				
1.Head side to side	Bodyweight	2	6	15-30s
2.Shoulder shrugs	Bodyweight	2	6	15-30s
3.Shoulder rotations	Bodyweight	2	6	15-30s
4.Hands on shoulders to side reach out	Bodyweight	2	6	15-30s
5.Hands on shoulders to reach up	Bodyweight	2	6	15-30s
Main Session				
1.Single Arm Chest Press Left + Right	Resistance Band	2	6	60-90s
2.External Rotation With Palms Up	Resistance Band	2	6	60-90s
3.Hammer Curls	Resistance Band	2	6	60-90s
4.Seated Leg Raise	Bodyweight	2	6	60-90s
Cooldown				
1.Reach Over Stretch	Bodyweight	2-3	20-30s	10-15s
2.Bicep Stretch	Bodyweight	2-3	20-30s	10-15s
3.Shoulder Stretch	Bodyweight	2-3	20-30s	10-15s