Chair Pilates

16 seated moves with pictures. About 10 minutes.

Wakeout

Use a sturdy chair without wheels, feet flat, and a small towel. Move slowly and keep breathing. Stop if anything hurts or you feel dizzy.



Strong Breath

Hands on your belly. Breathe in through your nose, then blow out strongly.

5 breaths



Inside Elbow Rotations

Fingertips on your shoulders. Draw slow circles with your elbows.

8 circles



Strict Rotations

Arms crossed on your chest. Turn your shoulders left, then right. Hips stay still.

5 each side



Lateral Folds

One arm up and over, lean to the side. Come up and switch.

5 each side



Towel Arm Raises

Hold a towel wide, arms long. Raise it overhead, then lower it.

8 to 10 times



Towel Archer Stretch

Towel overhead. Pull one end out to the side like a bow, then the other.

5 each side



Towel Lateral Folds

Towel overhead, feet wide. Lean to one side, come up, lean to the other.

5 each side



Towel Forward Slide

Towel at chest height, arms long. Lean forward from the hips, then sit tall.

8 times



Alternating Calf Raises

Toes stay down. Lift one heel, then the other.

30 seconds



Alternating Knee Raises

Lift one knee, set it down, lift the other.

10 each leg



Lateral Knee Raises

Lift a knee and open it out to the side. Bring it back and switch.

6 each leg



Left Knee Circles

Lift your left knee and draw a circle with it. Then the right knee.

5 each leg



Towel Left Leg Pull Back

Loop the towel around your left knee and pull it gently toward your chest. Then the right.

3 slow pulls each leg



Wide Stance Forward Leans

Feet wide. Lean forward with a long back and reach both hands out. Sit tall again.

6 times



Left Leg Crossed Forward Lean

Left ankle on your right knee, arms up. Fold forward, come back up. Then the other leg.

3 each side



Slow Get Ups

Hands on your thighs. Lean forward, stand up slowly, sit back down slowly.

5 to 8 times

Watch every move on video:

wakeout.app/exercises/chair-pilates-for-core-strength

Your 10-minute chair Pilates routine

Do all 16 moves in order. Rest whenever you like.

Short on time? The 5-minute version:

1. Strong Breath
3. Strict Rotations
4. Lateral Folds
5. Towel Arm Raises
6. Towel Archer Stretch
9. Alternating Calf Raises
10. Alternating Knee Raises
11. Lateral Knee Raises
14. Wide Stance Forward Leans
16. Slow Get Ups