



Tai Chi Chair

— Workout —

1



Seated Energy Alignment

Sit upright with your feet flat on the floor and hands resting on your thighs. Gently lengthen your spine and relax your shoulders. Take slow, deep breaths to center your body and mind.

Flowing Arm Raise

Sit tall with your arms relaxed at your sides. Slowly lift both arms forward and upward to shoulder height. Lower them gently with control, keeping your movements smooth and steady.



2

3



Open Chest Expansion

Sit upright and place your hands lightly behind your hips on the chair. Gently open your chest and draw your shoulders back. Hold briefly, then return to a relaxed position.

Forward Flow Stretch

Sit tall with your feet grounded. Reach your arms forward and gently bend from your hips. Relax your neck and shoulders as you return slowly.



4

5



Knee Lift Balance Flow

Sit upright and hold the sides of the chair for support. Lift one knee toward your chest in a slow, controlled motion. Lower gently and repeat on the other side.



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Seated Energy Alignment



Flowing Arm Raise



Open Chest Expansion



Forward Flow Stretch



Knee Lift Balance Flow



DAY 1

- Seated Energy Alignment: 3 sets
- Flowing Arm Raise: 3 sets
- Open Chest Expansion: 3 sets

DAY 2

- Forward Flow Stretch: 3 sets
- Knee Lift Balance Flow: 3 sets (each leg)
- Seated Energy Alignment: 3 sets

DAY 3

- Flowing Arm Raise: 3 sets
- Open Chest Expansion: 3 sets
- Forward Flow Stretch: 3 sets

DAY 4

- Seated Energy Alignment: 3 sets
- Knee Lift Balance Flow: 3 sets (each leg)
- Open Chest Expansion: 3 sets

DAY 5

REST DAY

DAY 6

- Forward Flow Stretch: 3 sets
- Seated Energy Alignment: 3 sets
- Knee Lift Balance Flow: 3 sets (each leg)

DAY 7

- Open Chest Expansion: 3 sets
- Flowing Arm Raise: 3 sets
- Forward Flow Stretch: 3 sets

DAY 8

- Seated Energy Alignment: 3 sets
- Flowing Arm Raise: 3 sets
- Knee Lift Balance Flow: 3 sets (each leg)

DAY 9

REST DAY

DAY 10

- Open Chest Expansion: 3 sets
- Forward Flow Stretch: 3 sets
- Seated Energy Alignment: 3 sets

DAY 11

- Knee Lift Balance Flow: 3 sets (each leg)
- Flowing Arm Raise: 3 sets
- Open Chest Expansion: 3 sets

DAY 12

- Seated Energy Alignment: 3 sets
- Forward Flow Stretch: 3 sets
- Knee Lift Balance Flow: 3 sets (each leg)

DAY 13

- Open Chest Expansion: 3 sets
- Flowing Arm Raise: 3 sets
- Forward Flow Stretch: 3 sets

DAY 14

REST DAY

DAY 15

- Seated Energy Alignment: 3 sets
- Flowing Arm Raise: 3 sets
- Open Chest Expansion: 3 sets

DAY 16

- Forward Flow Stretch: 3 sets
- Knee Lift Balance Flow: 3 sets (each leg)
- Seated Energy Alignment: 3 sets

DAY 17

- Flowing Arm Raise: 3 sets
- Open Chest Expansion: 3 sets
- Forward Flow Stretch: 3 sets

DAY 18

- Seated Energy Alignment: 3 sets
- Knee Lift Balance Flow: 3 sets (each leg)
- Open Chest Expansion: 3 sets

DAY 19

REST DAY

DAY 20

- Forward Flow Stretch: 3 sets
- Seated Energy Alignment: 3 sets
- Open Chest Expansion: 3 sets
- Knee Lift Balance Flow: 3 sets (each leg)

DAY 21

- Open Chest Expansion: 3 sets
- Flowing Arm Raise: 3 sets
- Forward Flow Stretch: 3 sets

DAY 22

- Seated Energy Alignment: 3 sets
- Flowing Arm Raise: 3 sets
- Knee Lift Balance Flow: 3 sets (each leg)

DAY 23

REST DAY

DAY 24

- Open Chest Expansion: 3 sets
- Forward Flow Stretch: 3 sets
- Seated Energy Alignment: 3 sets

DAY 25

- Knee Lift Balance Flow: 3 sets (each leg)
- Flowing Arm Raise: 3 sets
- Open Chest Expansion: 3 sets

DAY 26

- Seated Energy Alignment: 3 sets
- Forward Flow Stretch: 3 sets
- Knee Lift Balance Flow: 3 sets (each leg)

DAY 27

- Open Chest Expansion: 3 sets
- Flowing Arm Raise: 3 sets
- Forward Flow Stretch: 3 sets

DAY 28

REST DAY

DAY 29

- Seated Energy Alignment: 3 sets
- Flowing Arm Raise: 3 sets
- Open Chest Expansion: 3 sets

DAY 30

- Forward Flow Stretch: 3 sets
- Knee Lift Balance Flow: 3 sets (each leg)
- Seated Energy Alignment: 3 sets



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1



Seated Side Flow Reach

Sit upright with one hand resting on your thigh. Slowly raise the opposite arm and reach gently to the side. Return with control and repeat on the other side.

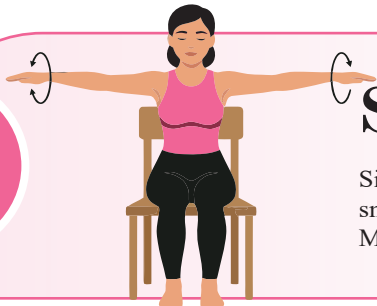
Shoulder Circle Release

Sit tall with your arms relaxed at your sides. Gently roll your shoulders in slow, circular motions. Reverse direction to release tension and improve mobility.



2

3



Seated Arm Circle Flow

Sit upright and extend your arms outward at shoulder height. Make small, slow circles with your arms, keeping movements smooth. Maintain steady breathing throughout.

Controlled Leg Extension

Sit tall with your feet flat on the floor. Slowly extend one leg forward until straight. Lower gently and repeat on the other leg.



4

5



Ankle Rotation Flow

Sit comfortably and lift one foot slightly off the floor. Rotate your ankle slowly in a circular motion. Switch direction, then repeat with the other foot.



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Seated Side Flow Reach



Shoulder Circle Release



Seated Arm Circle Flow



Controlled Leg Extension



Ankle Rotation Flow



DAY 1

- Seated Side Flow Reach: 3 sets (each side)
- Shoulder Circle Release: 3 sets
- Seated Arm Circle Flow: 3 sets

DAY 2

- Controlled Leg Extension: 3 sets (each leg)
- Ankle Rotation Flow: 3 sets (each foot)
- Seated Side Flow Reach: 3 sets (each side)

DAY 3

- Shoulder Circle Release: 3 sets
- Seated Arm Circle Flow: 3 sets
- Controlled Leg Extension: 3 sets (each leg)

DAY 4

- Ankle Rotation Flow: 3 sets (each foot)
- Seated Side Flow Reach: 3 sets (each side)
- Shoulder Circle Release: 3 sets

DAY 5

REST DAY

DAY 6

- Seated Arm Circle Flow: 3 sets
- Controlled Leg Extension: 3 sets (each leg)
- Ankle Rotation Flow: 3 sets (each foot)

DAY 7

- Seated Side Flow Reach: 3 sets (each side)
- Shoulder Circle Release: 3 sets
- Seated Arm Circle Flow: 3 sets

DAY 8

- Controlled Leg Extension: 3 sets (each leg)
- Ankle Rotation Flow: 3 sets (each foot)
- Seated Side Flow Reach: 3 sets (each side)

DAY 9

REST DAY

DAY 10

- Shoulder Circle Release: 3 sets
- Seated Arm Circle Flow: 3 sets
- Controlled Leg Extension: 3 sets (each leg)

DAY 11

- Ankle Rotation Flow: 3 sets (each foot)
- Seated Side Flow Reach: 3 sets (each side)
- Shoulder Circle Release: 3 sets

DAY 12

- Seated Arm Circle Flow: 3 sets
- Controlled Leg Extension: 3 sets (each leg)
- Ankle Rotation Flow: 3 sets (each foot)

DAY 13

- Seated Side Flow Reach: 3 sets (each side)
- Shoulder Circle Release: 3 sets
- Seated Arm Circle Flow: 3 sets

DAY 14

REST DAY

DAY 15

- Controlled Leg Extension: 3 sets (each leg)
- Ankle Rotation Flow: 3 sets (each foot)
- Seated Side Flow Reach: 3 sets (each side)

DAY 16

- Shoulder Circle Release: 3 sets
- Seated Arm Circle Flow: 3 sets
- Controlled Leg Extension: 3 sets (each leg)

DAY 17

- Ankle Rotation Flow: 3 sets (each foot)
- Seated Side Flow Reach: 3 sets (each side)
- Shoulder Circle Release: 3 sets

DAY 18

- Seated Arm Circle Flow: 3 sets
- Controlled Leg Extension: 3 sets (each leg)
- Ankle Rotation Flow: 3 sets (each foot)

DAY 19

REST DAY

DAY 20

- Seated Side Flow Reach: 3 sets (each side)
- Shoulder Circle Release: 3 sets
- Seated Arm Circle Flow: 3 sets
- Controlled Leg Extension: 3 sets (each leg)

DAY 21

- Ankle Rotation Flow: 3 sets (each foot)
- Seated Side Flow Reach: 3 sets (each side)
- Shoulder Circle Release: 3 sets

DAY 22

- Seated Arm Circle Flow: 3 sets
- Controlled Leg Extension: 3 sets (each leg)
- Ankle Rotation Flow: 3 sets (each foot)

DAY 23

REST DAY

DAY 24

- Seated Side Flow Reach: 3 sets (each side)
- Shoulder Circle Release: 3 sets
- Seated Arm Circle Flow: 3 sets

DAY 25

- Controlled Leg Extension: 3 sets (each leg)
- Ankle Rotation Flow: 3 sets (each foot)
- Seated Side Flow Reach: 3 sets (each side)

DAY 26

- Shoulder Circle Release: 3 sets
- Seated Arm Circle Flow: 3 sets
- Controlled Leg Extension: 3 sets (each leg)

DAY 27

- Ankle Rotation Flow: 3 sets (each foot)
- Seated Side Flow Reach: 3 sets (each side)
- Shoulder Circle Release: 3 sets

DAY 28

REST DAY

DAY 29

- Seated Arm Circle Flow: 3 sets
- Controlled Leg Extension: 3 sets (each leg)
- Ankle Rotation Flow: 3 sets (each foot)

DAY 30

- Seated Side Flow Reach: 3 sets (each side)
- Shoulder Circle Release: 3 sets
- Seated Arm Circle Flow: 3 sets



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1



Seated Spinal Twist Flow

Sit upright with your feet flat on the floor. Place your hands on your thighs and gently rotate your upper body to one side. Return slowly and repeat on the other side.

Heel-Toe Balance Movement

Sit tall with both feet on the floor. Lift your toes while keeping your heels grounded, then reverse the movement. Move slowly to support circulation and control.



2

3



Flowing Hand Wave

Sit comfortably with your hands resting on your lap. Slowly raise your hands upward and outward in a smooth, flowing motion. Bring them back gently while maintaining steady breathing.

Seated Knee Extension Hold

Sit upright with your feet flat on the floor. Extend one leg forward and hold briefly in a controlled position. Lower slowly and repeat on the other leg.



4

5



Calm Breathing Flow

Sit in a relaxed upright position with your hands on your lap. Inhale slowly as you lift your hands slightly upward. Exhale gently as you lower them back down.



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Seated Spinal Twist Flow



Heel-Toe Balance Movement



Flowing Hand Wave



Seated Knee Extension Hold



Calm Breathing Flow



DAY 1

- Seated Spinal Twist Flow: 3 sets (each side)
- Heel-Toe Balance Movement: 3 sets
- Flowing Hand Wave: 3 sets

DAY 2

- Seated Knee Extension Hold: 3 sets (each leg)
- Calm Breathing Flow: 3 sets
- Seated Spinal Twist Flow: 3 sets (each side)

DAY 3

- Heel-Toe Balance Movement: 3 sets
- Flowing Hand Wave: 3 sets
- Seated Knee Extension Hold: 3 sets (each leg)

DAY 4

- Calm Breathing Flow: 3 sets
- Seated Spinal Twist Flow: 3 sets (each side)
- Heel-Toe Balance Movement: 3 sets

DAY 5

REST DAY

DAY 6

- Flowing Hand Wave: 3 sets
- Seated Knee Extension Hold: 3 sets (each leg)
- Calm Breathing Flow: 3 sets

DAY 7

- Seated Spinal Twist Flow: 3 sets (each side)
- Heel-Toe Balance Movement: 3 sets
- Flowing Hand Wave: 3 sets

DAY 8

- Seated Knee Extension Hold: 3 sets (each leg)
- Calm Breathing Flow: 3 sets
- Seated Spinal Twist Flow: 3 sets (each side)

DAY 9

REST DAY

DAY 10

- Heel-Toe Balance Movement: 3 sets
- Flowing Hand Wave: 3 sets
- Seated Knee Extension Hold: 3 sets (each leg)

DAY 11

- Calm Breathing Flow: 3 sets
- Seated Spinal Twist Flow: 3 sets (each side)
- Heel-Toe Balance Movement: 3 sets

DAY 12

- Flowing Hand Wave: 3 sets
- Seated Knee Extension Hold: 3 sets (each leg)
- Calm Breathing Flow: 3 sets

DAY 13

- Seated Spinal Twist Flow: 3 sets (each side)
- Heel-Toe Balance Movement: 3 sets
- Flowing Hand Wave: 3 sets

DAY 14

REST DAY

DAY 15

- Seated Knee Extension Hold: 3 sets (each leg)
- Calm Breathing Flow: 3 sets
- Seated Spinal Twist Flow: 3 sets (each side)

DAY 16

- Heel-Toe Balance Movement: 3 sets
- Flowing Hand Wave: 3 sets
- Seated Knee Extension Hold: 3 sets (each leg)

DAY 17

- Calm Breathing Flow: 3 sets
- Seated Spinal Twist Flow: 3 sets (each side)
- Heel-Toe Balance Movement: 3 sets

DAY 18

- Flowing Hand Wave: 3 sets
- Seated Knee Extension Hold: 3 sets (each leg)
- Calm Breathing Flow: 3 sets

DAY 19

REST DAY

DAY 20

- Seated Spinal Twist Flow: 3 sets (each side)
- Heel-Toe Balance Movement: 3 sets
- Flowing Hand Wave: 3 sets
- Seated Knee Extension Hold: 3 sets (each leg)

DAY 21

- Calm Breathing Flow: 3 sets
- Seated Spinal Twist Flow: 3 sets (each side)
- Heel-Toe Balance Movement: 3 sets

DAY 22

- Flowing Hand Wave: 3 sets
- Seated Knee Extension Hold: 3 sets (each leg)
- Calm Breathing Flow: 3 sets

DAY 23

REST DAY

DAY 24

- Seated Spinal Twist Flow: 3 sets (each side)
- Heel-Toe Balance Movement: 3 sets
- Flowing Hand Wave: 3 sets

DAY 25

- Seated Knee Extension Hold: 3 sets (each leg)
- Calm Breathing Flow: 3 sets
- Seated Spinal Twist Flow: 3 sets (each side)

DAY 26

- Heel-Toe Balance Movement: 3 sets
- Flowing Hand Wave: 3 sets
- Seated Knee Extension Hold: 3 sets (each leg)

DAY 27

- Calm Breathing Flow: 3 sets
- Seated Spinal Twist Flow: 3 sets (each side)
- Heel-Toe Balance Movement: 3 sets

DAY 28

REST DAY

DAY 29

- Flowing Hand Wave: 3 sets
- Seated Knee Extension Hold: 3 sets (each leg)
- Calm Breathing Flow: 3 sets

DAY 30

- Seated Spinal Twist Flow: 3 sets (each side)
- Heel-Toe Balance Movement: 3 sets
- Flowing Hand Wave: 3 sets