SESSION SHEET S10 / REGULAR-ACTIVITY PRACTICE

20-minute chair & wall strength + supported balance

Standing and chair-supported movement | 20 minutes INCLUDING breaks

For adults who can move independently and have no unresolved exercise concerns. Recent falls, pain, illness, surgery, pregnancy, symptoms, medication concerns or an exercise restriction need an individual starting plan. Complete the readiness check before using a sheet; it is not medical clearance.

Stop for chest pain, dizziness, faintness, unusual breathlessness or pain. Severe or persistent symptoms need urgent medical help. Breathe normally; do not strain or hold your breath.

Equipment: stable non-wheeled chair, clear wall and level space.

The clock is a guide, not a deadline. Finish early or take more rest when needed. Do not add this sheet on top of another session in your weekly plan.

0-4 min | Ease in

Walk slowly on a level, clear surface or march gently beside a stable support. Start slower than your main session; pause as needed.

[ ] Completed, adapted or skipped. My note: _____

4-7 min | Chair sit-to-stand

2 sets of 8 slow repetitions

Sit on a steady chair, feet planted. Lean forward slightly, stand, then lower slowly.

Rest: Rest 45-60 seconds after each set. Use unused slot time for rest or setup. Never rush to finish; take longer rest if needed.

Easier: Use your hands to help; use a comfortable higher seat.

Avoid: Do not drop into the seat or force painful knees.

[ ] Completed, adapted or skipped. My note: _____

7-10 min | Wall press-up

2 sets of 8 slow repetitions

Face a wall with palms at chest height. Bend your elbows to approach it, then press away.

Rest: Rest 45-60 seconds after each set. Use unused slot time for rest or setup. Never rush to finish; take longer rest if needed.

Easier: Stand closer to the wall.

Avoid: Do not hold your breath or let your trunk sag.

[ ] Completed, adapted or skipped. My note: _____

10-13 min | Supported calf raise

2 sets of 8 slow repetitions

Hold a stable support. Lift both heels gently, then lower with control.

Rest: Rest 45-60 seconds after each set. Use unused slot time for rest or setup. Never rush to finish; take longer rest if needed.

Easier: Make a smaller lift.

Avoid: Do not bounce or remove the support.

[ ] Completed, adapted or skipped. My note: _____

13-16 min | Supported sideways steps

5 small steps each way; rest, then repeat once if comfortable

Beside a fixed counter or stable chair that cannot slide, step sideways, then bring the other foot alongside. Keep support within reach; reverse direction.

Rest: Rest 45-60 seconds after each set. Use unused slot time for rest or setup. Never rush to finish; take longer rest if needed.

Easier: Take smaller steps with both hands close to support.

Avoid: Do not cross your feet or use a rolling support.

[ ] Completed, adapted or skipped. My note: _____

16-20 min | Finish gently

Slow to a very easy walk, then pause comfortably. Let your breathing settle; do not add a hard final effort.

[ ] Completed, adapted or skipped. My note: _____

After this session

How did it feel? Easy / manageable / too much. Note any symptoms or next-day difficulty. Repeat a comfortable dose before adding a small change; seek advice about pain or unusual symptoms.

Source-linked education, not a clinical prescription. These are KYH template combinations, not NHS- or CDC-approved programmes. They do not train every major muscle group or necessarily meet weekly activity targets. AI-assisted; not independently clinically reviewed. Sources checked 31 October 2026.

Sources & illustrated movement guidance

https://www.nhs.uk/live-well/exercise/strength-exercises/

https://www.nhs.uk/live-well/exercise/balance-exercises/

My current weekly plan: https://knowledgeyourhealth.com/planner/

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/chair-wall-strength-20-min-s10/