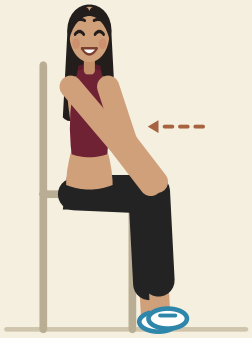
DEEDEE OGAWA · PERSONAL TRAINING

Seated Abs
Core Work From a Chair

1–3 rounds
About 10 minutes
Rest 1 minute between rounds
A sturdy chair without wheels

01



Core brace
HOLD 5 SECONDS × 10

Sit tall. Breathe in, then as you breathe out, gently pull your belly button in toward your spine. Hold, keep breathing, relax.

Transverse abdominis
Pelvic floor

02



Seated knee lifts
10 EACH LEG

Hold the sides of the chair and sit tall. Lift one knee a few inches, lower slowly, and switch. For more challenge, lift both.

Rectus abdominis
Hip flexors

03

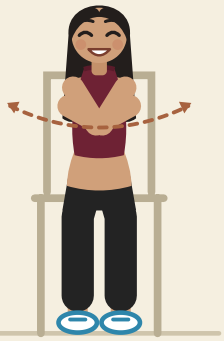


Seated lean-back
HOLD 5 SECONDS × 8

Arms crossed over your chest. With a long spine, lean back slightly (don't touch the chair back), hold, then sit up.

Rectus abdominis
Transverse abdominis

04

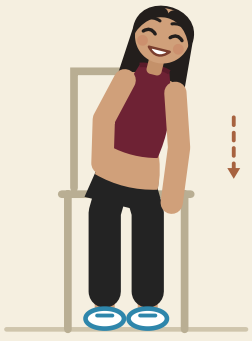


Seated twists
10 EACH SIDE

Arms crossed over your chest. Slowly rotate your upper body to one side, back to center, then the other. Hips and knees stay still.

Obliques
Transverse abdominis

05

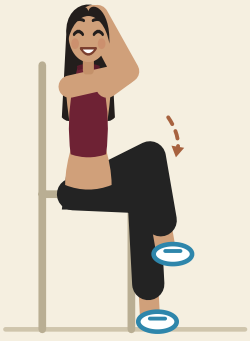


Seated side bends
10 EACH SIDE

Arms by your sides. Slide one hand toward the floor as you bend gently to that side, then use your waist to sit back up. Switch.

Obliques
Quadratus lumborum

06



Seated bicycle
10 EACH SIDE

Hands behind your head, sitting tall. Lift one knee as you twist the opposite elbow toward it, then switch.

Obliques
Rectus abdominis
Hip flexors

Before you start

Warm up 2–3 minutes. Breathe out on the effort, and never hold your breath. Sit near the front of the chair with your feet flat on the floor. Stop if anything hurts, and check with your doctor if you're pregnant, injured, or have a health condition.

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愛子 · made with love, shared with care