

How to Do Chair Push-Ups

Chair push-ups strengthen the muscles in your arms.

Here's how to do them.

Start by sitting in a chair with armrests.

Sit up tall with your feet flat on the floor and spread comfortably apart.

Grip the arm rests and take a deep breath in.

Breathe out as you use your arms--not your legs--to push your body off the chair.

Straighten your arms as much as you can and hold that position for one second before you lower yourself back to the chair.

Do this exercise 8 to 12 times.

Some soreness may be expected... but stop doing an exercise if you have increased pain.