

# S.O.F.A. Movements

The S.O.F.A. – or sit on fitness apparatus – is a great piece of equipment within your home, which you can use to help you get moving.

Whether you want to improve your strength, stretch your muscles or just have a bit of fun whilst moving, the S.O.F.A movements are designed to be easy to incorporate into your everyday routine – requiring no additional equipment, just your couch or armchair.

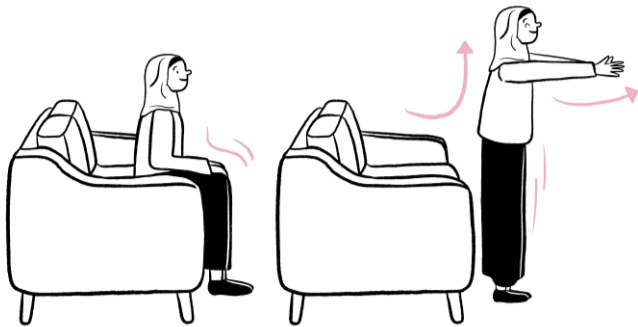
You can pick and choose from the movements included, to create your own mini-workout routine which works for you.

See some activity options on the following pages, which you can try at home – from the comfort of your very own S.O.F.A. And if you're feeling inspired by these movements and want to try some more, check out our S.O.F.A exercise video with Bill Bailey and try those sport inspired moves too!

If you're new to being active or are just getting back into it, visit [WeAreUndefeatable.co.uk/getting-started](https://www.WeAreUndefeatable.co.uk/getting-started)

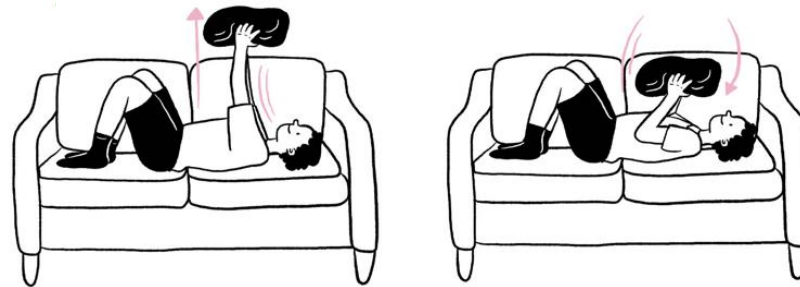
# S.O.F.A. Movements

Have a go at these exercises for one minute each.



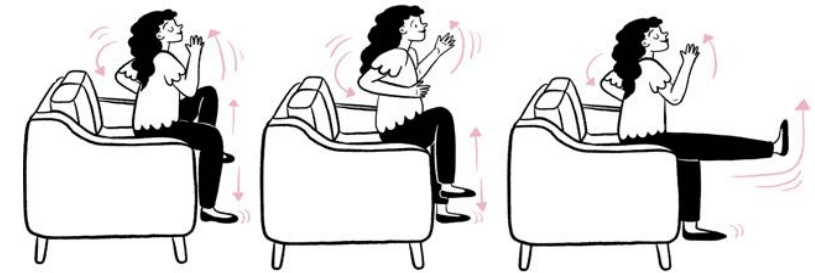
## Sit to stand with arm raise

Start on the front of your chair and stand up, then slowly sit back down and repeat. Use your arms to support you if needed.



## Chest Press with Cushion

Holding a cushion, push it away from your chest while seated or reclining on the sofa, extending your arms straight but avoiding locking your elbows.

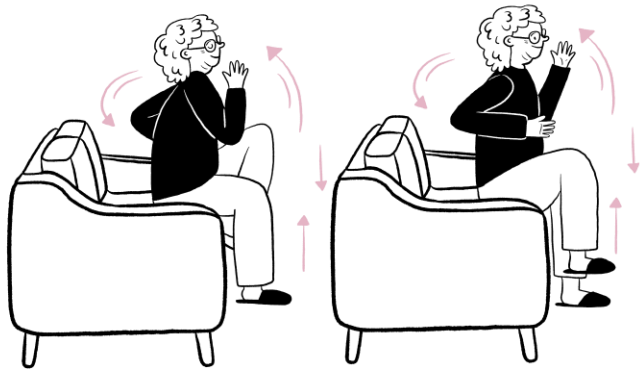


## Seated March with Leg Extension

March in place while seated then extend your leg straight out in front of you. March three more times and then extend your alternate leg.

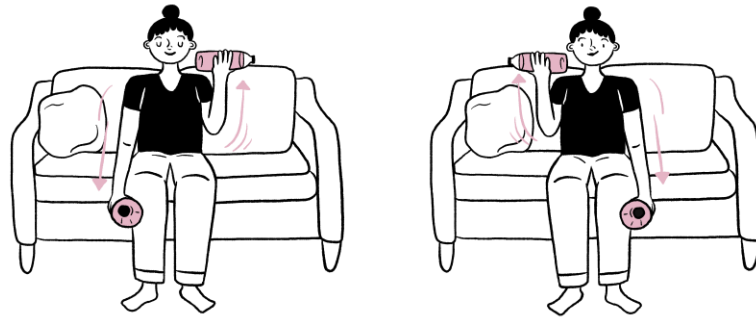
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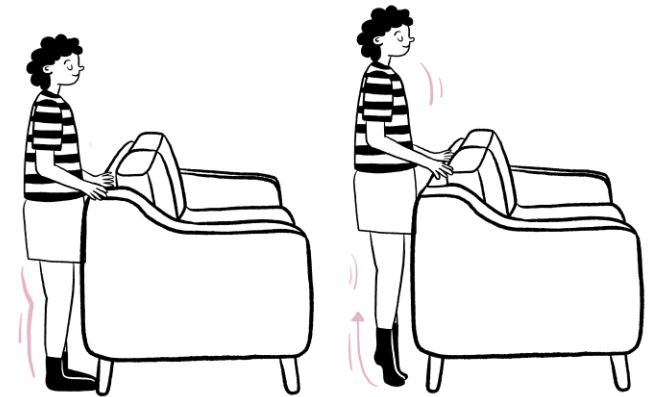
## Seated March

While on the sofa, walk on the spot and gradually increase arm swings and knee lifts until you're marching.



## Seated Bicep Curls

Holding a full water bottle or unopened tin can, curl your arm up to your shoulder and then bring it back down.

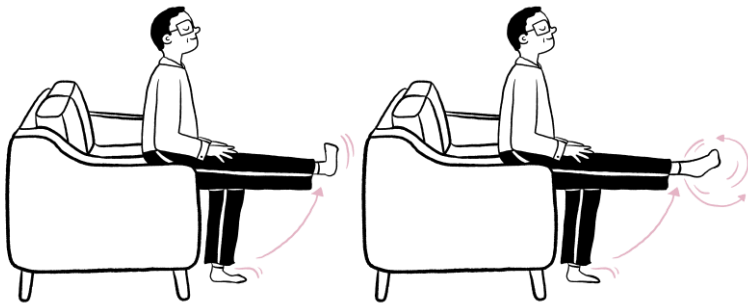


## Assisted Calf Raises

Rise to your tip toes for a few seconds before lowering back down. Hold onto the side of your sofa for support.

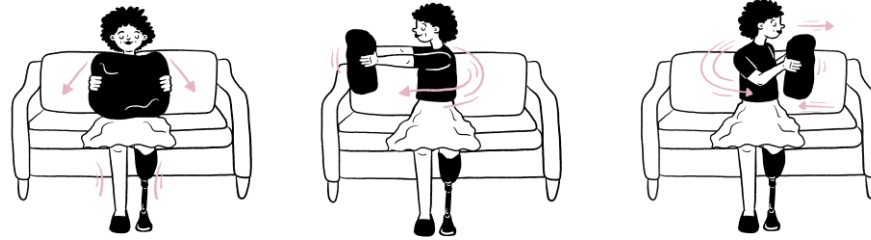
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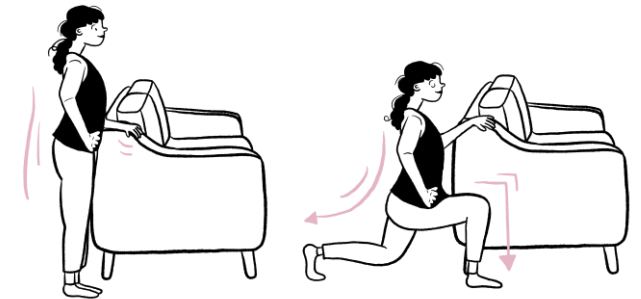
## Leg Extension with Ankle Rotations

While seated on the sofa, extend your leg out in front of you, without locking your knees, and rotate your angle in circles. Ensure that you alternate your legs and change direction when rotating your ankles.



## Side to Side Chest Press

Hold a cushion or light object at chest level and start with it close to your body, twist to the side and push it away from you, before bringing it back in returning to centre and repeating on the other side.



## Sofa Assisted Lunge

Using your sofa for support, step your leg back into a high lunge position. Bend your knee as low as you feel comfortable, and then repeat on the other side.

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Try creating your very own S.O.F.A routine!

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