



Beginner Chair and Counter Workout

This workout is for beginners. It utilizes leg strength while seated in a chair or standing at a counter/sink. Take breaks during the workout and modify exercises as needed. Feel free to adjust the reps and increase or decrease according to activity level. Enjoy!

Warm up:

Spend 5-8 mins getting your body moving. Take a look at the exercises below and complete a few of these movements with a nice, easy and smooth movement pattern.

Chair workout:

Repeat 2-3X

1. Seated marching – 15 each leg
2. Seated shoulder rolls – 10 forward and 10 backward
3. Seated leg kicks – 10 each leg
4. Seated arm circles – 10 forward and 10 backward
5. Sit to stands (*cross arms on chest and stand all the way up, sit down and repeat. May use arms as needed*) – 10
6. Rest until ready to repeat

Counter workout:

Repeat 2-3X

1. Heel raises – 15
2. Marching – 15 each leg
3. Butt kicks – 15 each leg
4. Leg kicks out to the side – 15 each leg
5. Straight leg kick backs (*keeping your leg straight, kick straight back behind you*) – 15 each leg
6. Rest until ready to repeat

Cool down:

Spend 5-10 minutes stretching out the muscles used during this workout.

