



Home Chair Workout

This workout has a difficulty level of beginner to moderate. It can be done at home using a chair (please use a sturdy chair with no cushion and make sure chair is secure against the wall so it does not slide out from under you). You could also do this workout in the gym using a bench or step. Complete circuit 1 for 10 minutes, cycling through exercises 1-4, then back to 1 and repeat until the 10 minutes is over. Rest for 1-2 minutes then do the same thing for circuit 2. Go through both circuits for a ~20 minute workout or go through the entire workout twice for a ~40 minute workout. Modify any exercises as needed. Enjoy!

Warm up:

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

Circuit 1 – lower body – 10 minutes

1. Step ups – 12 each leg
2. Chair squats – 12 (squat as if you are about to sit on the chair but don't actually sit, touch and come right back up)

3. Standing lateral kicks with squat – 12 each leg (balance using the back of the chair, stand on one leg, kick opposite leg straight out to the side and back, then preform a squat. Repeat.)

4. Chair hip bridges - 15

Rest 2 minutes

Circuit 2 – upper body – 10 minutes

1. Incline push-ups – 10 (go down as far as possible)
2. Tricep dips – 15
3. Single leg arm circles – 30 each direction (stand on one leg, preform small arm circles forward for 30 circles, switch legs and preform small arm circles in the opposite direction for 30 circles)
4. Plank – 30 secs (place forearms or hands on seat of chair while in plank position)
5. Chair burpee – 12 (www.youtube.com/watch?v=SmPBzKIr-dI)

Rest 1-2 minutes

Cool down:

Spend 8-10 minutes bringing your heart rate down and stretching out all muscles.

