

Seated Exercises

Cardio

Seated Jacks

Sit tall with knees bent and together, and with elbows bent and your arms open at your sides. Quickly extend your legs out to your sides and extend your arms overhead. Aim for 20 quick reps in a row!



Punching

Raise your fists and keep your elbows in. Punch in front of you, rotating the torso slightly – make sure not to make a strong jerking motion. Try 10 punches, then switch sides.

Chair Running

Sit with your legs extended and toes pointed with your arms bent at your sides. Contract your abs and hinge your back until your shoulder blades are just lightly touching the back of the chair. Lift your legs low in front of you. Bend your left knee toward you, bringing your right elbow towards it (running motion). Repeat for up to 30 reps.



If at any point you feel dizzy, lightheaded, nausea, please stop and consult your doctor.

Tap & Reach

Reach up diagonally with one arm as you extend your leg in the opposite direction. Stretch your fingertips toward the ceiling. Concentrate on smooth, controlled movements and try to form a straight line from your fingers to your toes. Alternate sides and aim for 3 minutes.



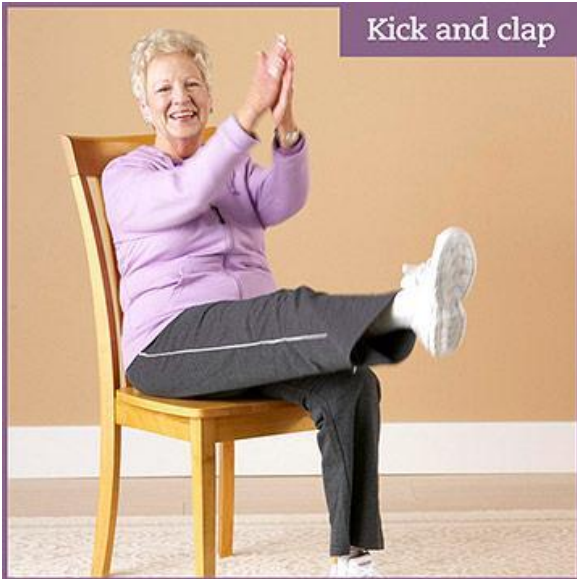
Strength

Hinge & Cross

Strengthen your back and abs with this move! Sit tall with your knees bent and together (focus on squeezing your inner thighs together to activate more muscles). Point your toes and place your hands behind your ears. Contract your abs and hinge back until your shoulder blades are barely touching the back of the chair. Bring your body forward and aim your right elbow to the outside of your left knee. Return to start. Aim to alternate for 20 reps.



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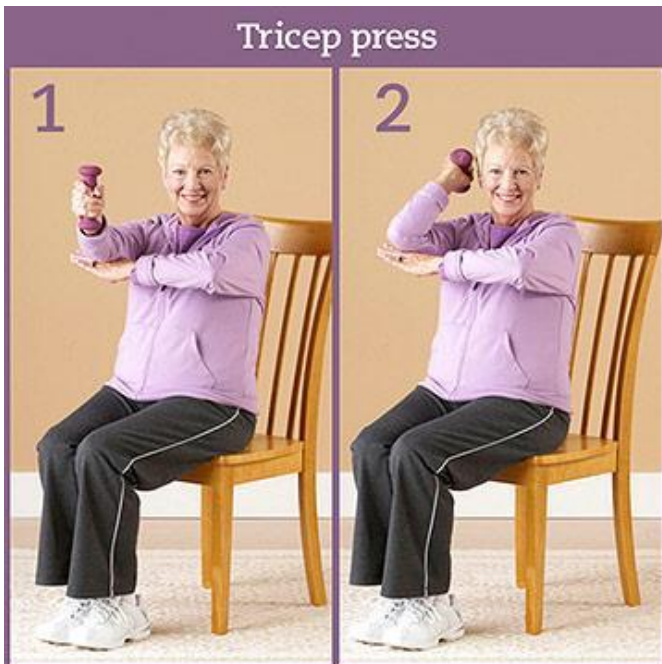


Kick & Clap

Extend one leg forward in a smooth, controlled kick while clapping your hands at shoulder height. Repeat with opposite leg. Aim for 3 minutes!

Bicep Curl

Hold weight in one hand (or both). Keeping your elbows against your torso, slowly bring the weight toward your chest. Slowly return to start position. Start with 8-10 reps and increase gradually to 15-20 on each arm.



Tricep Press

Holding a weight, extend your arm in front of you at shoulder height. Support your elbow with the opposite hand. Move the weight back towards your shoulder. Slowly lower the weight back to the start position. Start with 8-10 reps and increase gradually to 15-20 on each arm.

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Shoulder Raise



Hold weight in each hand. Slowly raise hands within a comfortable range of motion. Make sure not to shrug your shoulders. Return to start position. Reps: 8-10, then progress to 15-20.

Thigh Toner

Hold onto the sides of the chair and extend your legs in front of you with feet flat on the floor. Separate your feet so your lower body forms a 'V' shape. Aim to point your feet throughout the motion. Make sure to keep your abdominals tight. Placing a pillow behind you will provide added support. Repeat up to 15-20 times.



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