



Quick & Easy Workouts

The 5-min. Chair Workout

Exercise	Description	Visual
Squat UPS	<p>Start: seated on a chair on the edge of your seat</p> <p>Action: stand up and then sit back down – but not to a full rest – and stand again</p> <p>Focus: press your heels in to the floor to help initiate action</p>	
Triceps Dips	<p>Start: seated in a chair on the edge of your seat with hands on the seat right beside your hips</p> <p>Action: shift your butt off the seat, holding – then drop your body down bending only elbows and press back up</p> <p>Focus: keep elbows in so they bend back not out</p>	
Lunges – right leg	<p>Start: stand in split stance beside chair - right foot forward and left toe back - right hand resting on chair back</p> <p>Action: drop back (left) knee down toward floor and then press back up</p> <p>Focus: keep shoulders above hips and front knee above front toe (avoid shifting forward)</p>	
Chair Push ups	<p>Start: stand in front of chair with hands on the seat and toes back – leaning in on a nice diagonal</p> <p>Action: bending elbows, lower body down and up in a comfortable but challenging range</p> <p>Focus: keep elbows in so that they bend back not out</p>	
Lunges – left leg	Same as above with left foot forward, right foot back and left hand resting on the chair back	
Shoulder Blade Squeeze	<p>Start: seated in a chair with arms stretched out in front at chest level with palms facing in</p> <p>Action: keeping arms straight...squeeze shoulder blades in together and release</p> <p>Focus: keep shoulders low and away from shoulders...this is a tough one as it's not a big movement; it gets better with practice!</p>	
V-Sits	<p>Start: seated in a chair on the edge of your seat, leaning back on the hands with elbows slightly bent</p> <p>Action: stand up and then sit back down – but not to a full rest – and stand again</p> <p>Focus: keep chest up and shoulders relaxes...do the movement slow and controlled for best impact on abs</p>	

Create a complete cardio & conditioning workout...

Warm Up	<ul style="list-style-type: none"> • 5 minute walk or a few flights of stairs
Circuit	<ul style="list-style-type: none"> • 1 set of exercises + 2 flights of stairs + 1 set of exercises = 15 minutes • Add additional flights or sets as desired!

