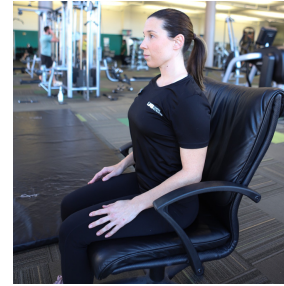


8 MINUTE CHAIR WORKOUT

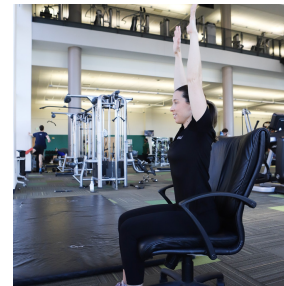
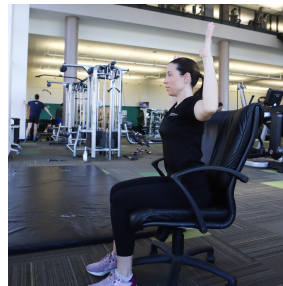
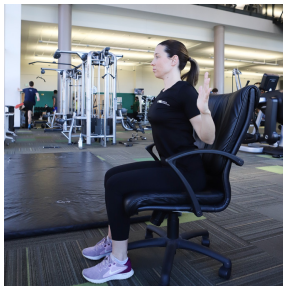
SHOULDER ROLL



Target area: Neck and shoulder release, posture. Sit up tall and brace your core (pull in your belly button)

- Breathe in as you bring your shoulders up toward your ears
- Breathe out as you squeeze your shoulder blades together and back down to the starting position.

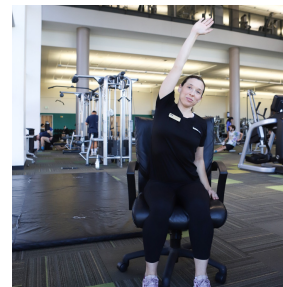
SEATED OVERHEAD REACH AND SQUEEZE



Target area: Upper back and shoulder strength, posture. Sit up tall and brace your core

- Breathe in as you reach for the ceiling
- Breathe out as you bring your arms and elbows down and back behind you

ALTERNATING LATERAL CORE STRETCH



Target area: Core flexibility and strength. Sit up tall and brace your core

- Breathe in as you reach your right arm up and over to the left side of your body
- Feel a stretch on the right side of your abdomen
- Breathe out as your right arm returns to start and spine neutral
- Repeat on the left side and alternate

8 MINUTE CHAIR WORKOUT

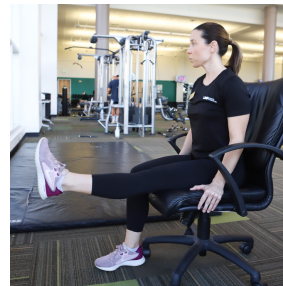
ALTERNATING LEG MARCHING



Target area: Lower abdomen and hips. Sit up tall and brace your core (be sure to sit such that both feet are flat on the ground)

- Breathe in as you lift your right leg to your comfort level (foot will come off the ground, the knee remains bent)
- Breathe out as you return the starting position
- Repeat on the left side and alternate.
 - Make it harder! Try lifting both legs at the same time while maintaining good posture

ALTERNATING KNEE EXTENSION

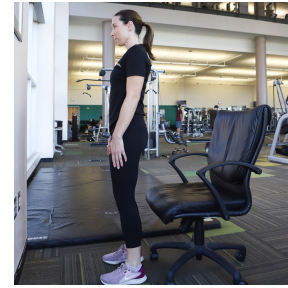


Target area: Quadriceps (top of the leg), core stabilization. Sit up tall and brace your core (be sure to sit such that both feet are flat on the ground)

- Breathe in as you extend your right knee and squeeze the top of your leg (the back of your leg should retain contact with your chair and your toe should be pointing toward the ceiling)
- Breathe out as you return your leg to the starting position
- Repeat on the left side and alternate
 - Make it harder! Try extending both knees at the same time while maintaining good posture

8 MINUTE CHAIR WORKOUT

STAND UP-SIT DOWN (SQUATS)



Target area: Glutes, quadriceps, hamstrings, core stabilization. Sit tall at the edge of your seat and brace your core

- Breathe in to prepare for the movement
- Breathe out as you drive through your heels to a standing position (try not to use your hands to help!)
- Breathe in as you slowly lower back to a seated position

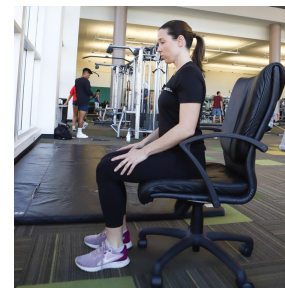
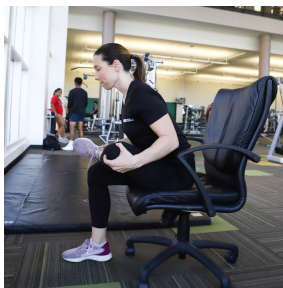
ALTERNATING CORE ROTATION



Target area: Core, posture. Sit up tall and brace your core

- Place your hands together at your chest, elbows off of your chair
- Breathe in to prepare for the movement > Breathe out as you use your core to rotate your torso to the left
- Breathe in as you return to the starting position
- Breathe out as you repeat on the left side
- Continue alternating sides

4 STRETCH



Target area: Glutes. Sit up tall and brace your core (be sure to sit such that both feet are flat on the ground)

- Place your right ankle over your left knee
- Place your right hand on your right knee, place your left hand on your right ankle
- Breathe in to prepare for the movement
- Breathe out as you hinge forward at your hip
- Feel the stretch in your glute
- Breathe in as you return to neutral
- Repeat 3-5 times on the right side
- Repeat the same on the left