



Stretching and Warm-up

Front Stretch- Extend feet 5-6 inches from the chair, slowly exhale while reaching forward with your hands as far toward the floor as possible. Bending at the hip, hold this position for 15 seconds. Begin to sit upright while slowly inhaling a deep breath until your sitting tall in your chair. Repeat 1-3 times.

Side Stretch- Extend feet 5-6 inches from the chair, slowly exhale while reaching to the side with one of your hands as far toward the floor as possible. With the opposite hand, reach over your head or touch your shoulder. Bending at the hip, hold this position for 15 seconds. Begin to sit upright while slowly inhaling a deep breath until your sitting tall in your chair. Repeat 1-3 times on both sides.



Sitting twists- While seated upright and straight, reach both arms to one side of the chair. After grabbing the chair pull your torso toward the back of the chair twisting at the waist while keeping your legs, feet, and hips straight forward. Hold the position for 15 seconds. Repeat both sides 1-3 times.



Hip and Core Exercises

Hip Circles- Sit toward the front of your chair. Fold your arms over your shoulders while sitting up tall and straight. Begin to lean forward, sideways, back, and sideways again making a complete circle with your torso in a slow, controlled, continuous movement. Make 5-10 rotations clockwise, then reverse to 5-10 rotations counterclockwise.

Chair sit ups- Sit on the front edge of your chair with your feet straight out in front of you. Cross your arms over your shoulders and sit up tall and straight. Exhale slowly and tighten your stomach as you slowly lean back until you barely touch the back of your chair. Hold your position straight and tall, barely touching the back of your chair as you inhale a deep breath for 1-5 seconds. Begin to lean forward in a slow controlled motion while remaining straight and exhaling until you are sitting upright. Repeat 5-10 times.



Light Cardio and Full body Exercise