



Workout on a chair

Cardio

- Marching in place
- Just arm swings or punch in diagonals up, to the sides, and down

Legs

- Squat Taps (My Bonnie Lies Over the Ocean)
- Knee lift to extension
- Straight Leg lifts

Arms

- Tricep Dips
- Bicep Curls with weights
- Lateral Raise with weights

Abs

- Knee Lifts
- Sitting Lean Backs
- V-Sit (different levels)
- V-sit with Toe Taps on Floor

Stretches

- Arms overhead stretch
- Yoga Twist
- Single leg hamstring stretch
- Sitting Figure 4 stretch
- Reverse Hug stretch
- Hug Stretch