

# WORKOUT @ HOME

## Workout @ Home Program

### Workout #2 - Chair Workout

Prepared for you by Tanya, Wellness Program Coordinator

*Consult your healthcare professional before beginning any exercise program. The TLC is not responsible or liable for any injuries sustained while using the content provided. Have fun and be safe!*

Repeat this sequence as prescribed for two or three rounds. Record how many of each exercise you are able to do in the one minute and then see if you can beat that the next time you do this workout! On alternate days focus on cardio by getting your heart pumping for at least 10 minutes at a time, two or three times per day.

### Equipment/Space Requirements

This workout requires little space and just a sturdy chair. A timer is recommended but not necessary. If you don't have a timer you can do 10-20 reps per exercise, or until fatigue.

### Warm-up

Warm up your muscles for at least five minutes with dynamic movements like jumping jacks, running on the spot, stationary marches, butt kicks, side to side steps or hops, arm circles, etc.



### Chair Squats

- Place a chair behind you. Stand up straight with a tight core and flat back. Fold your arms in front. Your feet should be shoulder-width and toes and knees pointing forward. Slowly descend by bending your knees and driving your hips back. Keep your chest and head up. Touch the chair with your butt then slowly rise back to the starting position.

**Modifications:** Sit to stand. Sit comfortably in the chair toward the edge of the seat. Keep the core (abs and lumbar) tight. Stick the chest out. Ensure the toes are pointed forward or slightly outward to both sides; keep both hands in front of the body in a comfortable position for balance. Slowly sit up from the chair until fully standing.

**Prescription:** One minute timed – do as many as you can with good form.

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## Up-And-Overs

- Sit on the ground facing the chair with knees bent. Place the chair close to where feet are resting on the ground. Place hands on either side of you on the ground and slightly lean back. Lift both legs together and start on one side of the chair bring them up and over to the opposite side and return.

**Modifications:** Without chair using bent legs and not lifting as high.

**Prescription:** Do as many as you can for one minute with your core engaged.



## Chair Dips

- Sit on the edge of the chair and place hands next to your hips. Your legs are extended and your feet should be about hip-width apart with the heels touching the ground. Look straight ahead with your chin up. Press into your palms to lift your body with full extension in the arms. Lower yourself until your elbows are bent between 45 and 90 degrees.

**Modification:** Bend your legs when you dip. When you lower your body down into the dip, you can use your legs to push yourself back up until your upper body gets stronger.

**Prescription:** One minute timed.



## Kneeling Rainbows

- Kneel on hands and knees with the chair placed behind your feet in the center of your body. Extend one leg back to the side of the chair. Bring the leg up and around to the opposite side of the chair touching toe on ground and return. Hold in your core and try not to arch your back.

**Modifications:** Bring chair closer and don't extend leg fully.

**Prescription:** One minute timed – do as many as you can with good form.

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## Hover

- Sit on the edge of the chair and place your hands next to your hips (or slightly under depending on the size of the seat). Shift your weight back and press through your arms, keeping your knees tucked, so your body hovers a few inches above the chair and hold

**Modification:** Hold for 10 seconds, rest, and repeat until you reach 60 seconds total.

**Prescription:** One minute timed. Aim to hold for as long as you can, take a quick break and jump back in as many times as you can in one minute.



## Step Ups

- Stand a foot and a half to two feet in front of the chair. Lead with the right foot and step up looking straight ahead and bring both feet on to the chair. Step back down onto the floor and perform the same exercise with the left foot leading. Be certain to ensure that you are able to perform this exercise safely and that the chair that you elect to use is capable of withstanding your weight.

**Modification:** Stand behind your chair with it at your side. Place your hand on the chair for support. Slow raise the right leg to 90 degree and low. Repeat on the left side. Alternating slow march.

**Prescription** One minute timed – do as many as you can with good form.



## Seated Bicycle Crunches

- Start sitting in a sturdy chair. Slightly lean back. Place hands behind your head so elbows are on either side. Lift one leg up and bend your knee and lower your torso so that it is touching the opposite elbow. Low and alternate to the other side. Continue in a bicycling motion.

**Modification:** Use alternating opposite hands instead of elbows to keep torso upright.

**Prescription** One minute timed.

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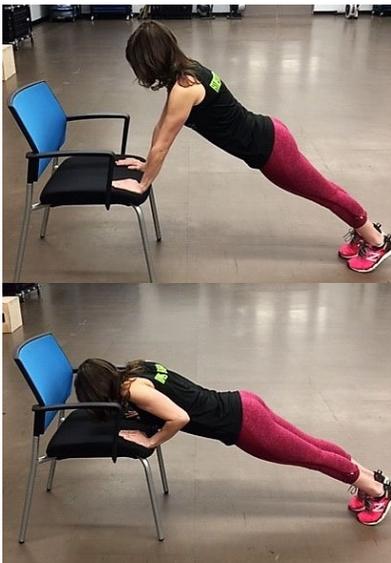


## Single leg chair squats

- Place a chair behind you. Start in a standing position and extend one leg straight out in front of you. Slowly lower until seated keeping the leg extended, lightly tap the chair and return to standing. Repeat on other side after reps/time completed.

**Modifications:** Sit to stand. Sit comfortably in the chair toward the edge of the seat. Keep the core (abs and lumbar) tight. Stick the chest out. Ensure the toes are pointed forward or slightly outward to both sides; keep both hands in front of the body in a comfortable position for balance. Slowly, sit up from the chair until fully standing.

**Prescription** One minute timed – do as many as you can with good form for one minute.



## Chair Pushups

- Stand to face the chair straight with the body. Place both hands on the sides of the chair's seat. Keeping both arms slightly bent at the elbows, shift both feet backward a couple of feet until the body is in a diagonal position in front of the chair. Keeping body in a straight line. Elbows should be close to the sides of the body. Slowly bend the elbows, moving the body closer to the chair.

Note: Place the chair against a wall for more support.

**Modifications:** Place hands on wall/counter or preform from knees.

**Prescription** 1 minute timed

**Prescription:** One minute timed – try to last the full minute. If you can't, take a quick break and come back in when you can until the minute is up.

## Cool-down

It is important to also allow the body to cool down after a workout. You could choose foam rolling or stretching gently. Here is an example from Active 4 Living! <https://www.centre4activeliving.ca/news/2020/04/flexibility-exercises/>

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