



No-Gear Sit & Fit 1

Created by Brant Rotramel Apr 20th, 2022

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COMMENTS:

Perform each exercise in order that they appear, one after another. Perform each movement for a total repetition count of 12-20 reps. That means if you have the Seated march, you would count 12-20 steps of marching before moving on to the next exercise. If you find that is too easy you can increase your rep count to 20-30 and so on as you get more fit!

Once you've done each exercise once, rest a moment, maybe get some water and then repeat them again 2-3 times until you complete 3 rounds.

Try to only rest for a brief moment between each move unless you absolutely have to. The goal is to keep the heart rate elevated enough that you can burn some calories and get a good workout.



SEATED LATERAL TRUNK STRETCH

While in a seated position, raise your arm overhead and bend your body to the side for a stretch to your back and arm. Hold, then return to starting position and repeat.

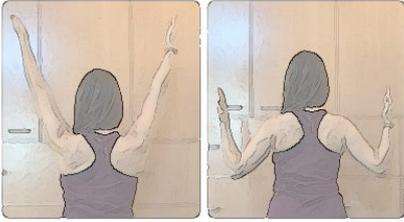
Hold 10 Seconds



SEATED MARCHING ALTERNATE ARMS AND LEGS

Sit towards the edge of a chair with good upright posture.

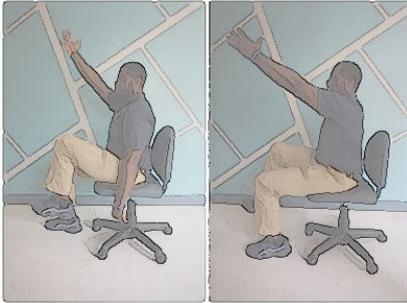
Begin by raising up one arm and the opposite side leg as shown. Lower arm and leg back down and then raise the opposite sides as you alternate back and forth.



Y to W

Bring both arms overhead, palms facing inward (Y). Do not elevate shoulders.

Bend your elbows, squeezing your shoulder blades together (W). Repeat.



Seated March with Extended Arm

Sitting in a chair with good posture. Lift one leg, keeping the knee bent, while you lift the opposite arm up straight, as shown. Repeat on the opposite side.



Arm Circles

Bring arms out to side. Do one set going clockwise and one set going counter clockwise.



Chest Flys

Start with hands out wide. Bring the hands close together, keeping the arms fairly straight (can have a slight bend in the elbow, but make sure to lock the arms in one position--the movement is originated at the shoulder joint, not the elbow joint).



Chair Jumping Jacks

Sit upright at the edge of a chair with good posture. "jump" legs to side and reach arms out. Return to start position. Repeat for 30 seconds. If you cannot jump you may step out.



Heel Raises

While seated in a chair, place your feet on the floor.

Next, press down with your forefoot and toes to raise your heels off the floor. Lower your heels back down and repeat.

Keep your toes on the ground the entire time.

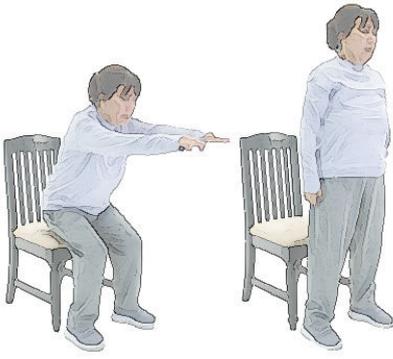


Row The Boat

Start with elbows straight, arms at your side, and lift hands upward to shoulder height. Squeezing your shoulder blades. Lower arms and repeat. You can also pretend that you are rowing a boat.

SIT TO STAND

Sit near the front edge of a chair.



Next, reach forward with your arms and lean forward at your waist as you press down with your legs and rise up to a standing position. As you rise to stand, lower your arms by your side. Stand tall.

Then, return to sitting on the chair by leaning forward as you raise up your arms. Repeat.

NOTE: If you are unable to stand, try pushing on your thighs with your arms or use a chair that has armrests to press down on or hold a bathroom or kitchen sink to assist in pulling yourself up.