

## Week 1:

### 1. Chair squats

- Stand with feet shoulder width apart with a stationary chair behind you.
- Move as if you were going to sit in the chair, keeping your knees behind your toes. As you lower yourself, let your arms come in front of you naturally to help with balance.
- As soon as your bottom comes in contact with the chair, stand back up straight. That's one rep. Do 15.



### 2. Leg Extensions

- Sit up straight in a chair with your feet planted flat on the floor.
- Extend one leg out straight until it is level with your hip. Hold for 3-5 seconds or longer if it doesn't hurt, then relax. Repeat with the other leg. You can hold the sides of the chair seat for support if needed.
- Keep alternating sides for a total of 8 times on each leg.



### 3. Arm Circles

- a. While sitting or standing, raise your arms out to the sides until they are level with your shoulders.
- b. Make small circles in one direction for 30 seconds.
- c. Lower your arms for 5 seconds to rest, then raise them again, making circles in the opposite direction for another 30 seconds. You can hold something of weight in your hand to increase the intensity. Ex: water bottle, stapler, books, etc.
- d. Repeat 2x.



### 4. Quick Feet

- a. Sitting in a chair, step your left foot out to the side and then your right.
- b. Step your left foot back to center, followed by the right.
- c. Repeat this pattern “out, out, in, in” as quick as you can for 30 seconds.
- d. Rest for 15 seconds and repeat once more. This can also be done standing up to increase the intensity.

**Tip of the Week!** Park your car further away from the entrance at work. It'll help wake you up in the morning and give you a few extra steps in your day! Try parking 2 full rows further away this week.