



Chair Workout Guide

8 seated exercises for low-energy days, limited mobility & every body



Movement doesn't have to happen standing up.
Whether you're on a nausea day, healing an injury, working from your desk,
or building strength safely — this chair workout meets you exactly where you are.

PERFECT FOR

GLP-1 low-energy days · Seniors · Desk workers · Recovery

10-15 minutes · 3-5 days a week · No excuses, all benefits

THE 5 CHAIR WORKOUT RULES

- | | |
|-----------------------------|--|
| PICK A STURDY CHAIR | No wheels, no rocking — a solid dining chair works best. |
| SIT TALL | Feet flat, back away from the chair back, core gently engaged. |
| BREATHE STEADY | Exhale on effort, inhale on release — never hold your breath. |
| MOVE SLOWLY | Control beats speed — 5 slow reps > 20 sloppy ones. |
| MODIFY WITHOUT SHAME | Do half the reps if you need to. Something > nothing. |

WHAT YOU NEED

- | | |
|----------------------------------|--|
| → A sturdy chair | Dining chair or firm kitchen chair (no wheels/armrests). |
| → Flat shoes or bare feet | Skip heels or slippers — you need traction. |
| → Water bottle | Sip before + after each session. |
| → Optional: light weights | Soup cans or water bottles work if you want extra. |





1

Seated Marching

Warm-up · Heart rate · Hip mobility

1-2 minutes



HOW TO DO IT

1. Sit tall with feet flat on the floor, hip-width apart.
2. Lift your right knee up toward your chest — as high as feels comfortable.
3. Plant it back down, then lift your left knee up.
4. Swing opposite arm to leg for a natural rhythm.
5. Keep chest lifted and core gently engaged throughout.

★ COACH'S TIP

This is your warm-up EVERY chair session. Wakes up hips, heart, and coordination all at once.



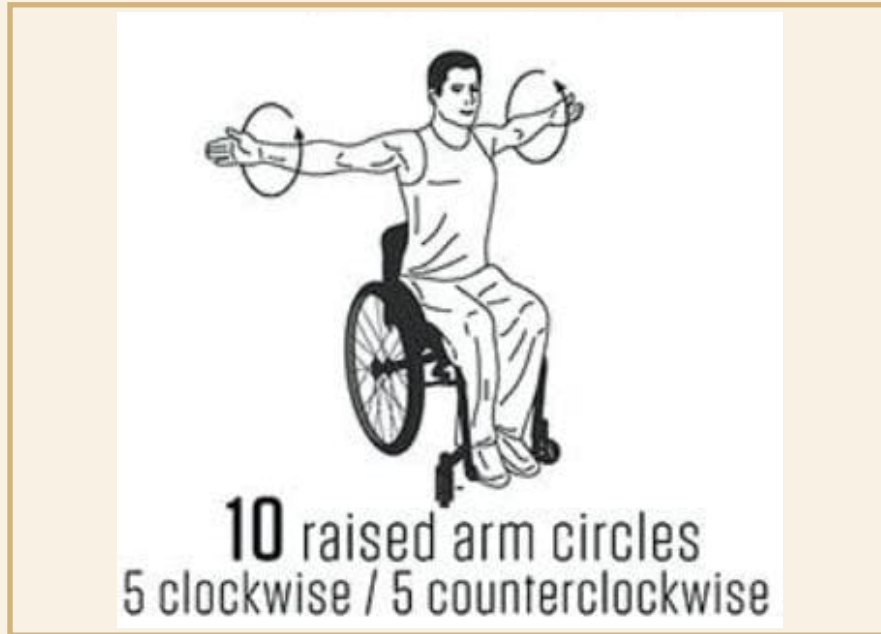


2

Seated Arm Circles

Shoulders · Posture · Upper back

30 sec each direction



HOW TO DO IT

1. Sit tall, feet flat, back away from the chair back.
2. Extend both arms straight out to the sides at shoulder height.
3. Draw small circles forward with both arms — start small.
4. Gradually make the circles bigger as your shoulders warm up.
5. Reverse direction for 30 seconds of backward circles.

★ COACH'S TIP

Feel your shoulders burn? That's decades of computer hunching finally getting undone.





3

Seated Torso Twist

Core · Spine mobility · Digestion

8-10 each side



HOW TO DO IT

1. Sit tall with feet flat, hands crossed on your shoulders (or across chest).
2. Keep hips facing forward the whole time.
3. Slowly rotate your upper body to the right — look over your right shoulder.
4. Return to center with control.
5. Rotate to the left. Alternate slowly — no jerky motions.

★ COACH'S TIP

This one helps digestion too. Try it after meals — feels amazing and aids GLP-1 comfort.



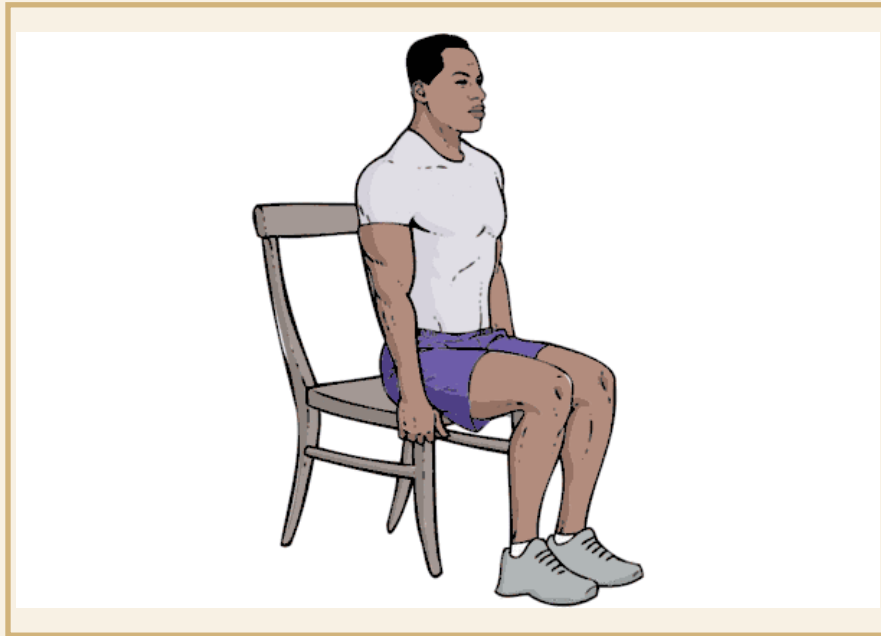


4

Seated Leg Extensions

Quads · Knees · Circulation

10-12 each leg



HOW TO DO IT

1. Sit tall with feet flat and knees bent at 90 degrees.
2. Slowly straighten your right leg out until it's parallel to the floor.
3. Squeeze your thigh at the top, hold for 2 seconds.
4. Lower slowly back down (don't just drop — control the descent).
5. Complete all reps on right, then switch to left.

★ COACH'S TIP

This is a lifesaver for weak knees. It builds the quad muscles that PROTECT your knees.



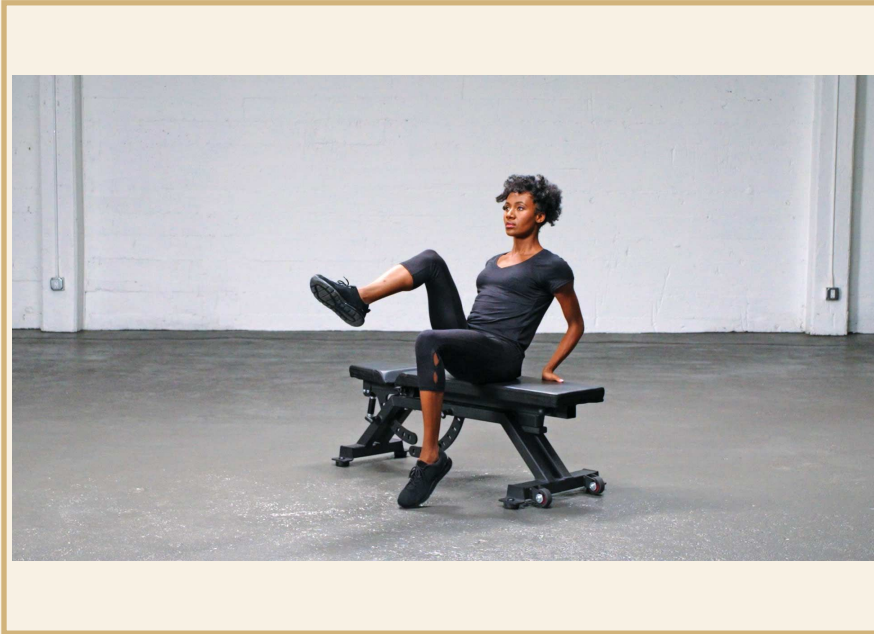


5

Seated Toe Taps

Calves · Shins · Circulation

45-60 seconds



HOW TO DO IT

1. Sit tall with heels planted firmly on the floor.
2. Lift both toes up toward your shins as high as they'll go.
3. Tap them back down quickly, keeping heels on the ground.
4. Continue rhythmically — like keeping a beat with your toes.
5. Feel this in the front of your shins — that's the anterior tibialis waking up.

★ COACH'S TIP

Great for prevention of falls in seniors — strong shin muscles = better foot clearance when walking.





6

Seated Overhead Press

Shoulders · Arms · Posture

10-12 reps



HOW TO DO IT

1. Sit tall with feet flat, hold light weights (or water bottles/soup cans).
2. Start with weights at shoulder height, palms facing forward.
3. Press both arms straight up overhead until arms are almost straight.
4. Slowly lower back down to shoulder height with control.
5. NO weights? Use zero — just move through the motion (still builds strength!).

★ COACH'S TIP

Weights not required! Even bodyweight resistance builds real shoulder strength for beginners.



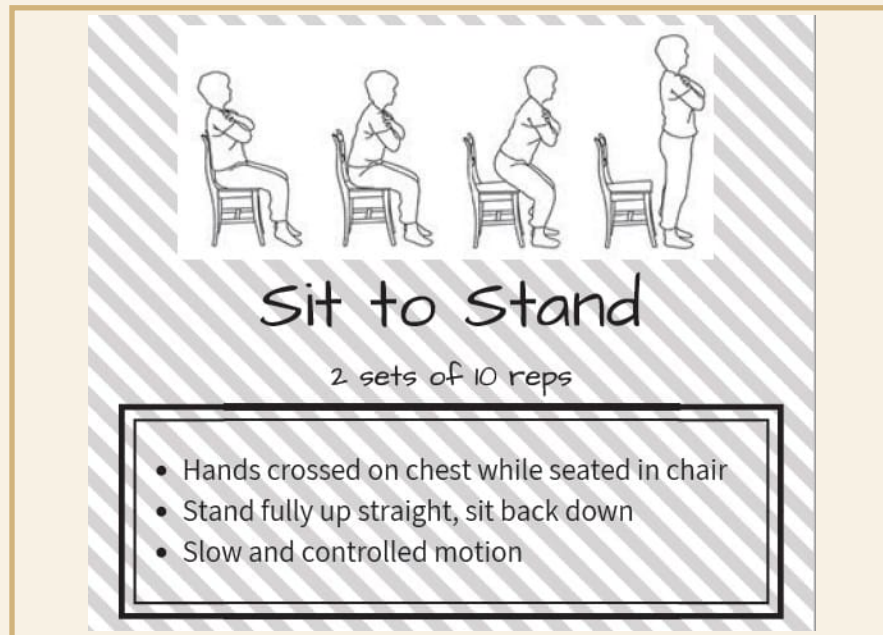


7

Chair Squats (Sit-to-Stands)

Legs · Glutes · Real-life function

8-10 reps



HOW TO DO IT

1. Start sitting tall at the front of your chair, feet flat and hip-width.
2. Lean forward slightly — chest over toes.
3. Push through your heels to stand all the way up.
4. Slowly lower back down, tapping your bottom to the chair (don't fully sit).
5. MODIFY: Use your hands on the chair arms for help if needed.

★ COACH'S TIP

This is the #1 exercise for aging well. If you can do 10, you're building real longevity.





8

Seated Calf Raises

Calves · Ankles · Circulation

15-20 reps



HOW TO DO IT

1. Sit tall with feet flat on the floor, hip-width apart.
2. Keeping toes on the ground, lift both heels up as high as you can.
3. Squeeze your calves at the top for 2 seconds.
4. Slowly lower heels back down to the floor.
5. Add resistance by pressing down on thighs with your hands.

★ COACH'S TIP

Post-meal calf raises are a diabetes-friendly hack — they help absorb blood sugar. Bonus circulation win!





Your Chair Workout Routines

Two ready-made flows to match your energy today

10 MIN · GENTLE

The Low-Energy Day Flow

- Seated Marching *1 min warm-up*
- Seated Arm Circles *30 sec each direction*
- Seated Torso Twist *8 each side*
- Seated Leg Extensions *10 each leg*
- Seated Toe Taps *45 sec*
- Seated Overhead Press *10 reps*
- Seated Calf Raises *15 reps*
- Seated Marching *1 min cool-down*

15 MIN · STRENGTH

The Full-Body Builder

- Seated Marching *2 min warm-up*
- Chair Squats (sit-to-stands) *10 reps*
- Seated Overhead Press *12 reps*
- Seated Leg Extensions *12 each leg*
- Seated Torso Twist *10 each side*
- Seated Arm Circles *45 sec each direction*
- Chair Squats *10 reps (round 2)*
- Seated Toe Taps + Calf Raises combo *1 min*
- Seated Marching *2 min cool-down*

SAMPLE WEEK

Mon	10-min Gentle Flow
Tue	REST or 5-min stretch
Wed	15-min Full-Body Builder
Thu	10-min Gentle Flow
Fri	REST
Sat	15-min Full-Body Builder
Sun	REST — reflect on wins!

★ COACH'S FINAL WORD

*A chair workout is not a 'lesser' workout — it's a smart workout.
Move today, however you can.*

Your body doesn't care if you're standing or sitting — it just wants to move.

