

## Full Body Workout for Beginner with Chair

### Warm up:

Rotating neck slowly back and forth 12 times, alternating shoulder rotation backwards 10 and forward 10, Swim stroke with each arm 10 times, air circles 10 forward and 10 backwards, palms up and then down rotating 10 times, 10 waist twists.

### Workout:

- Side Hip Raises- stand behind chair with feet slightly apart, toes forward, keep legs straight, DO NOT LOCK KNEES, slowly lift leg out to the side as you count to 2-- 10 to 12 each side.
- Glutes- stand behind chair and alternate the leg with glute kick, 10 times each leg.
- Squats- perform in front of chair or behind, 2 sets of 10 reps.
- Knee Curls- Standing behind a chair (can use ankle weights), keep your feet a little less than shoulder width apart, keep foot flexed, slowly bend your right leg and bring your heel up toward buttocks as you count to 2, pause, then slowly lower your foot back to the ground as you count to 4. Perform 2 sets of 8 reps.
- Abs- sit in chair, hold core tight, lean up and back with feet slightly off the floor, hold 5 seconds and then lean back. Perform 8 times.
- Lawn Mowers- slight lunge or sit in chair. Perform 10 reps each side with weights.
- Shoulder shrugs- sit or stand with weights. Perform 10 reps.
- Bicep curls- sit or stand with weights. Perform 12 reps.
- Tricep kickbacks or overhead tricep extension- sit or stand. Perform 1-2 sets of 10 times.
- Mason twist rotate- sit or stand with weight, 20 reps

### Cool down:

Sit or stand with arms behind and reach behind. Stretch arms across in front and alternate arms. Feet wide with arm each and slightly lean to side and repeat to other side. Slight lunge forward, each side. Sit in chair, bring out each leg with knee slightly bent, hand on bent leg, keep back straight. Lean back in chair and bring knee to chest and hold, then other leg.