

**Notes :**

Physical activity guidelines recommend 150 minutes of moderate to vigorous aerobic physical activity per week. This workout aims to give you a 25-30min of aerobic activity while seating on a chair. Start slowly, the warm-up is the first 4 exercises. The workout is meant to be continuous as to generate moderate intensity, a level of shortness of breath where you can still handle a conversation. Adapt the pace to change the difficulty, take passive breaks if needed.

**1 Walk on chair**



This is the standard movement for this program to generate regularly some heavier breathing, it will comeback often. You can do the full motion (arm + legs) or just some of it (arms or legs) to manage intensity. You could also do it standing if tolerated (walking on spot).  
Sit on a chair with your hands resting on your hips. March on the spot by rhythmically lifting and moving your arms and legs. Play with the pace to find something moderate or slow down to recover.

Sets: 1 Duration: 60s.

**3 Shoulder circumduction**



Stand or sit straight and place your hands on your shoulders.  
Move your elbows up, in, out, and down in order to make circles with your elbows that are as large as possible.  
Change directions halfway through.

Sets: 1 Duration: 60s.

**5 Walk on chair**



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Sit on a chair with your hands resting on your hips. March on the spot by rhythmically lifting and moving your arms and legs. Play with the pace to find something moderate or slow down to recover.

Sets: 1 Duration: 60s.

**2 Nose, Neck, Navel & Knees**

While sitting on a chair, point with both hands to the four body parts in succession. Starts switching slowly and increase the pace as tolerated. Mix up the order to add some spice to it!

Sets: 1 Duration: 60s.

**4 Seated twist (hand clap)**



Sit upright on a chair with feet wide open. First, reach both arms out to the sides, then twist and reach your left hand to clap your right hand. Return to the starting position (opening up fully each time) and repeat on the other side.

Sets: 1 Duration: 60s. Rest: 30s.

**6 Front press, seated**



Sit on a chair and simulate holding a ball in your hands, palms neutral.  
Press forward by extending the arms and keeping keeping your elbows close to you.

Sets: 1 Duration: 60s.

### 7 Seated lateral step



Sit upright on a chair with your hands resting on your thighs. Then, lift your right leg up high like you're marching and take a step toward the right. Follow with the left leg. Step both legs back to the center and repeat toward the left side.

Sets: 1 Duration: 60s.

### 9 Knee extension



Sit down on a chair with your back straight. You can grab and pull on the bottom of the seat. Fully extend your leg, then lower your leg and repeat with the other one.

Sets: 1 Duration: 60s.

### 11 Walk on chair



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Sit on a chair with your hands resting on your hips. March on the spot by rhythmically lifting and moving your arms and legs. Play with the pace to find something moderate or slow down to recover.

Sets: 1 Duration: 60s.

### 13 Slashing sword



Sit on a chair with both feet flat on the floor. Interlace your fingers and reach toward the outside of your shoulder with your hands, rotating your trunk. Move your hands downward in a diagonal direction toward your opposite foot, keeping your elbows as straight as possible. Repeat on the other side.

Sets: 1 Duration: 60s.

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Sit on a chair with your hands resting on your hips. March on the spot by rhythmically lifting and moving your arms and legs. Play with the pace to find something moderate or slow down to recover.

Sets: 1 Duration: 60s.

### 10 Upper body rotation on chair



Sit upright on a chair with your back unsupported. Cross one leg over the other and rest the backside of your opposite forearm against the outside of your top thigh.  
Lift your other arm to the level of your nose while keeping your elbow straight. The palm of your hand is facing upwards.  
Rotate your torso and arm backwards, following your hand with your eyes.  
You can apply some pressure to the crossed leg with the arm that is resting on your thigh to assist the rotation.

Sets: 1 Duration: 60s. Rest: 60s.

### 12 Seated hip abduction



Sit on a chair or a bed. Spread your knees apart as much as possible and land on your toes. Return to the middle and repeat.

Sets: 1 Duration: 60s.

### 14 Walk on chair



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Sit on a chair with your hands resting on your hips. March on the spot by rhythmically lifting and moving your arms and legs. Play with the pace to find something moderate or slow down to recover.

Sets: 1 Duration: 60s.

### 15 Shadow boxing



Sitting shadow boxing. Punch random targets in front of you, bring your fist back close to your chin in between each punch.

Sets: 1 Duration: 60s.

### 17 Walk on chair



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Sit on a chair with your hands resting on your hips. March on the spot by rhythmically lifting and moving your arms and legs. Play with the pace to find something moderate or slow down to recover.

Sets: 1 Duration: 60s.

### 19 Shoulder abd./add. sitting



Sit down and keep your back straight. Lift your arms in front of you to shoulder height. Cross and uncross your arms in front of you in a scissor like motion. Keep your elbows extended throughout the exercise. The movements should be quick and rhythmic.

Sets: 1 Duration: 60s.

### 21 Combined arms/legs movement



Sit down with your back straight and your hands on your shoulders. Extend one arm to one side and the opposite leg to the other side. As you extend the arm, turn your head to look at your hand. Come back to the center and repeat on the other side.

Sets: 1 Duration: 60s.

### 16 Brugger exercise



Sit on a chair with your arms relaxed on your sides. Rotate your arms in order to point your thumbs backward and to open the chest.  
Squeeze the shoulder blades together, keep your chin tucked and hold this position for the recommended time.

Sets: 1 Duration: 60s. Rest: 60s.

### 18 Seated overhead reach



Sit up as upright as you can with your hands resting on your thighs and your feet wide open. Then, shift your weight onto your left side and place your left forearm on your thigh. Finally, take your right hand up as high as possible and keep your eyes on your hand throughout the entire movement. Then, repeat on the other side.

Sets: 1 Duration: 60s.

### 20 Walk on chair



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Sit on a chair with your hands resting on your hips. March on the spot by rhythmically lifting and moving your arms and legs. Play with the pace to find something moderate or slow down to recover.

Sets: 1 Duration: 60s.

### 22 Alternate arms/legs movement



Sit down on a chair. Bring the left knee to the right elbow and the right knee to the left elbow, alternately.

Sets: 1 Duration: 60s.