

## WARM UP

# Side-to-Side Trunk Stretch

Where you feel it: Core

**C** Sit with your feet flat on floor.

**1** Sit up straight in your chair and place one of your hands on your seat for stabilization.

**2** Raise your other arm over your head and reach to the opposite side, keeping your buttocks on your chair.

**3** Breathe deeply and hold the stretch 5 seconds. Follow the same steps with your other arm.

**4 TRY THIS!**

For a more thorough stretch, hold the stretch for 10 seconds on each side!



## WARM UP

# Core Stretch

Where you feel it: Core

**C** Sit with your feet flat on the floor.

**1** Sit up straight in your chair and twist your core to one side, stabilizing by grasping your armrest or seat with both hands.



**2** Keep your head in line with your spine and breathe deeply and hold for 10 seconds.

**3** Repeat the same steps on your opposite side.



**4** **REMINDER!** Inhale and exhale at a comfortable rate while you perform this exercise.

## WARM UP

# Arm Circles

Where you feel it: Shoulders

**C** Slowly pedal with your elliptical on low resistance (Level 1-2).

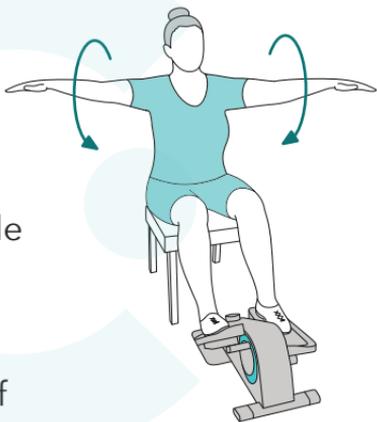
**1** Keep your shoulders down and your elbows straight, and raise both arms to the side so they are parallel to the ground.

**2** In small rotations, circle your arms backwards. Repeat 10-15 times.

**3** Switch the direction of your arm circles and repeat 10-15 times.

**4 TRY THIS!**

If you like a challenge, double the size of your arm circles!



## WARM UP

# Ankle Alphabet

Where you feel it: Ankles

**C** Sit with your feet flat on the floor.

**1** Lift one of your legs off the ground so that your knee is straight.

**2** Keep your hips and knees still, then use your foot to "write" all of the letters "A" through "M" of the alphabet. Movement should only occur at your ankle.

**3** Use your opposite foot to "write" letters "N" through "Z".

**4 TRY THIS!**

If you like a challenge, try "writing" letters "A" through "Z" with one foot and then repeat with your opposite foot!



## LOWER BODY STRENGTH

# Seated Knee Extension

Where you feel it: Thighs



- C** Sit with your feet flat on the floor.
- 1** Extend one of your legs fully so that your knee is straight.
- 2** Next, bend your knee and lower your foot back down to the floor. Repeat 10-15 times.
- 3** Switch legs and repeat 10-15 times.



- 4** **TRY THIS!**  
Try holding your extended leg up straight for three seconds to increase resistance!



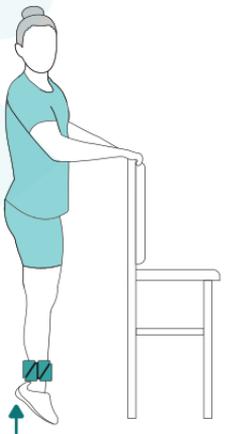
## LOWER BODY STRENGTH

# Standing Heel Raises

Where you feel it: Calves



- C** Stand behind your chair with your feet shoulder width apart.
- 1** Place your hands on the back of your chair for balance.
- 2** Keep your shoulders back and your spine straight, then balance on your toes as you lift your heels off the ground.
- 3** Next, lower your heels back down to the ground. Repeat 10-15 times. This is one set.
- 4** **TRY THIS!** When you lift your heels off the ground, hold the position for 3 seconds to increase tension!



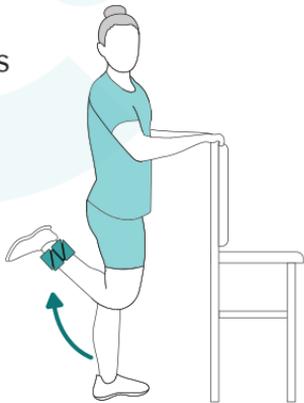
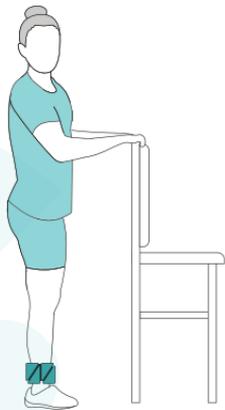
## LOWER BODY STRENGTH

# Standing Knee Flexion

Where you feel it: Hamstrings



- C** Stand behind your chair with your feet shoulder width apart.
- 1** Keep your shoulders and your spine straight. Then lift one of your legs, bending at the knee.
- 2** Slowly raise your heel up towards your buttocks, then lower your foot back down to the floor.
- 3** Repeat 10-15 times. This is one set. Switch legs and complete one more set.
- 4** **TRY THIS!** Pulse your heel up in a short range of motion 10 times to strengthen your balance.



## LOWER BODY STRENGTH

# Backwards Leg Lift

Where you feel it: Hamstrings



- C** Stand behind your chair with your feet shoulder width apart.
- 1** Keep your shoulders and your spine straight. Then, carefully lift one of your legs 2-3 inches off the ground, keeping your knee straight.
- 2** Next, bring your leg backwards raising it 6-8 inches off the ground. Bring your leg back down to starting position. Repeat 10 times.
- 3** Switch legs and repeat 10 times.



### **4 TRY THIS!**

If you like a challenge, try holding your leg extended for 3-5 seconds!

## LOWER BODY STRENGTH

# Cross Jab

Where you feel it: Arms



**C** Slowly pedal with your elliptical on a light resistance (Levels 1-2).

**1** Close each of your hands so they form a fist. Then, bend your elbows and bring them toward your chest so your fists are under your chin.

**2** Extend one of your arms forward and diagonally in a punching motion. Return to starting position.

**3** Continue the same motion with your other arm and repeat 10-15 times.

**4 REMINDER!** Inhale and exhale at a comfortable rate while you perform this exercise.



## UPPER BODY STRENGTH

# Forearm Circles



Where you feel it: Arms

- C** Slowly pedal with your elliptical on a light resistance (Levels 1-2).
- 1** Squeeze both hands into fists and bend your arms at a 90 degree angle. Raise your arms so your forearms overlap but are not touching.
- 2** Next, carefully raise one of your fists up and around your other fist in a circular motion.
- 3** Continue the same motion with your other arm and repeat 10-15 rotations.

### **4 TRY THIS!**

After you complete one set, reverse the direction of the roll for the next set!



## UPPER BODY STRENGTH

# Forward Jab

Where you feel it: Arms



**C** Slowly pedal with your elliptical on a light resistance (Levels 1-2).

**1** Form a fist with both hands and bend your elbows. Bring your fists toward your chest.

**2** Fully extend one of your arms forward in a punching motion. Then, pull your arm back towards your chest.

**3** Continue the same motion with your other arm and repeat 10-15 times.

**4 REMINDER!**  
Inhale and exhale at a comfortable rate while you perform this exercise.



## UPPER BODY STRENGTH

# Forward Fly

Where you feel it: Shoulders



- C** Slowly pedal with your elliptical on a light resistance (Levels 1-2).

- 1** Start with your elbows bent at a 90 degree angle and raise your arms out in front of you so they are level with your shoulders.

- 2** Open your arms outward until they are at your sides and then bring them back to starting position.

- 3** Repeat 10-15 times.

- 4 REMINDER!** Inhale and exhale at a comfortable rate while you perform this exercise.



## WARM UP

# Full Body Breathing

Where you feel it: Torso

- C** Slowly pedal with your elliptical on light resistance (Level 1 or 2).

- 1** Inhale for a count of 5, sitting up tall and letting your breath lift your ribcage.

- 2** Exhale for a count of 5, relaxing the shoulders.

- 3 TRY THIS!**  
Repeat 3-5 times, and if you'd like -add in the arms! Lift your arms as you inhale, and lower them as you exhale.

