



Royally Fit: 26 Minute Chair Workout

26 Minute Chair Workout

Awesome way to get the cardio going, do something different, and really work the butt and abs. Make sure you're using a sturdy surface, your heel stays on the ground for the first 5 exercises when explained (very important) and listen to your body. Take your time – watch your balance, and have fun!! Let's do this!

What you will need:

- A sturdy chair, couch, high step/stair...whatever gives you some sturdy height!!

Warm-Up:

- 1 minute of jogging on the spot + 1 minute of jumping jacks or side-to-sides

Workout: Today we are doing HIIT with the exercises below for 50/10 (50 seconds on and 10 seconds off) for a total of 4 sets.

- **Step-ups + kick-backs, right side** – With your right foot completely on top of the chair (heel included) you're going to use this leg to lift your body up on the chair, while you pull the left knee in towards your chest. When you step back down, I want you to kick your right leg back like a standing donkey kick!
- **Step-ups + kick-backs, left side** – Same as above on the opposite side
- **Sitting jump squat** – Sit your butt and body weight all the way on the chair, and then without using your hands, use your abs and legs to lift your body up and into a squat. Land soft and back onto the chair. Even lift your feet when you're sitting down to ensure you've placed all your body weight down!!
Modification: If you can't jump, just simply drop your body down on the chair and then stand back up! Still works your legs and abs!!
- **Standing one-leg squat with push back, right** – With your hands on the chair for balance, bend your right leg nice and deep to complete a squat while you simultaneously push your left leg back.
NOTE: Keep your back nice and flat your right heel on the ground!!
Modification: If you need a 'back break' take your hands off the chair and stand up straight in between each one leg squat.
- **Standing one-leg squat with push back, left** – Same as above on the opposite side!
- **Slow and controlled push-ups on the chair** – With your hands on each side of the chair, keep your body nice and flat while you slowly come down into a low push-up.

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

Get sweaty!
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