**Chair Yoga**

**Warm up**

Seated marching 30sec-1min

Double leg bounces (warm up calf muscles)

Extended leg heel/toe taps

-add arms (like crossfit flyswatter or up and down) loosen up upper body too

**Set 1**

20-30reps Seated single knee lifts (maintain upright spine and engage abdominal throughout)

20-30reps Single leg lifts/extensions (maintain upright spine and engage abdominal throughout)

20-30reps seated upright torse twists

**Set 2**

20-30reps Seated jacks

20-30reps Buns and Guns (check out images hard to explain but easy to remember)

20-30reps Seated bicycle or "chair running"

20-30reps Leg lift with Torso Twist

**Set 3**

10-8-6-4-2

Chair push ups

Sit-to-stand (squat to chair)

**Set 4**

15 seconds on 15 off??

Chair sit holds

Chair sit crunches (by drawing up knees while pressing own body up)

Chair Dips

Hands on Chair Mountain Climbers

Plank on chair with hand on seat

**Stretches for closing out...**

<http://www.pinterest.com/pin/29484572533998723>/

<http://www.shape.com/fitness/workouts/6-seated-moves-work-your-whole-body/slide/4>

<http://www.shape.com/fitness/workouts/abs-workout-stand-flat-stomach/slide/7>

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