

Chair Workouts FOR THE HOME

This can be completed with a chair and body weight or weights added. Weights aren't available? Simply hold cans of soup, water bottles, or other similar objects laying around the house!

ARMS



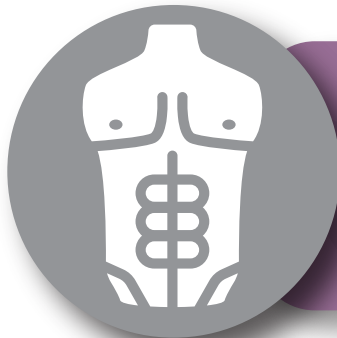
Bicep Curls
Tricep Extensions
Shoulder Press
Front Raises
Lateral Raises
Shoulder Shrugs
Bent-Over Rows
Arm Circles (Forward & Backward)

Sit To Stands
Calf Raises
Front Leg Raises
Lateral Leg Raises
Knee Highs
Butt Kickers
Ankle Circles (Clockwise & Reverse)



LEGS

ABS



Forward Bicycle
Backward Bicycle
Knee Pull-Ins
Seated Leg Raises
Flutter Kicks
Pocket Pickers




Kannact

Not Already Enrolled?
ENROLL TODAY!

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CHAIR WORKOUT EXAMPLES

For best results, this full body workout should be completed 3 days a week.

BEGINNER: 3 SETS OF 15
MODERATE: 3 SETS OF 20
ADVANCED: 3 SETS OF 25

Advanced participants can also perform squats instead of chair sit to stands.

ARMS

BICEP CURL



TRICEP EXTENSION



SHOULDER PRESS



FRONT RAISES



LATERAL RAISES



SHOULDER SHRUGS



BENT OVER ROWS



LEGS

SIT TO STANDS



CALF RAISES



LEG RAISES (LATERAL / FRONT)



KNEE HIGHS

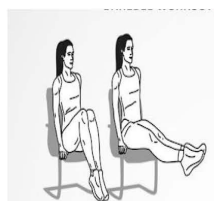


BUTT KICKERS

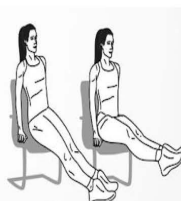


ABS

KNEE PULL INS



SEATED LEG RAISES



FLUTTER KICKS

