

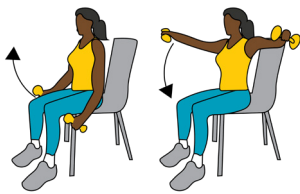
3 MINUTE

SEATED WORKOUT

Our 3-minute seated workout can be done virtually anywhere, all you need is a timer, small weights, a ball, and some space around you.

Instructions: Choose an exercise and do it for 30 seconds. Then repeat or choose another one. Mix and match exercises to complete at least 3 minutes of movement. TIP: Water bottles or cans of food make good weights if you don't have dumbbells.

Bonus! If you have more than 3 minutes to spare why not do a few extra exercises?



Lateral raise

Sit up straight with a weight in each hand, arms by your side and elbows slightly bent. With your palms facing down, raise your arms outwards and upwards to shoulder height. Bring the weights back down to your side and repeat.



Chest press with ball

Sit up straight holding a ball (or imaginary ball) in front of your chest, elbows out to the side. Squeeze the ball and extend your arms out in front of you. Bring the ball back to your chest while still squeezing the ball. Repeat.



Overhead triceps extension

Sit up straight, grip both hands on one weight. Raise your arms straight up overhead with your arms alongside your ears. Bend your elbows and slowly lower the weight behind your head. Raise the weight back up over your head and repeat.



Y-press

Sit up straight with a weight in each hand, up near your shoulders, palms facing forward. Straighten your arm - moving them upward forming a Y with your body. Come back to the starting position and repeat.

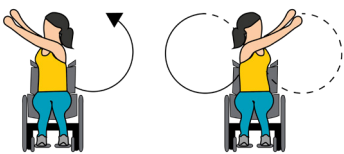


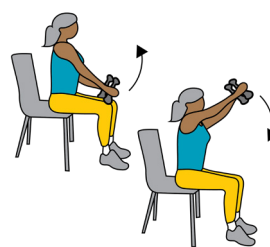
Figure 8

Sit up straight holding each end of a weight in your hands. Extend your arms straight out in front of you. Move the weight in a sideways figure-eight pattern in front of you, rotating your torso as you move through the exercise.



Wood chop

Sit up straight holding each end of a weight in your hands. Keeping arms outstretched, rotate your torso to the left, raising the weight over your left shoulder. Slowly swing the weight down to your right knee while rotating your torso to the right. Repeat for reps, then switch sides.



Front raises

Sit up straight with a weight in each hand. Start with the weights resting on your knees, palms facing down, and lift the weights upwards to shoulder height. Hold the weights in front of you for 2 seconds, then lower the weights back down to your knees. Repeat.



Seated marches

Sit up straight with your feet on the floor. Without rocking back, lift your right leg as high as you can with your knee bent. Lower your foot to the floor and repeat on the left leg. Repeat. If you cannot move your legs, lift them up with your hands.