

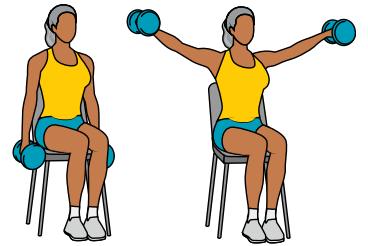
3-MINUTE SEATED WORKOUT

Do each exercise for 30 seconds.

TIP: If you don't have dumbbells, water bottles or cans of food make good weights.

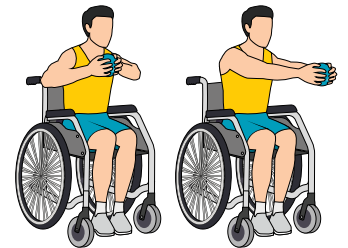
LATERAL RAISES

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.



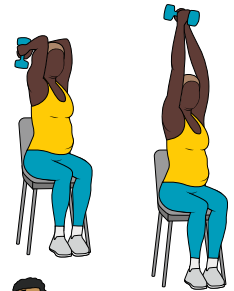
CHEST PRESS

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.



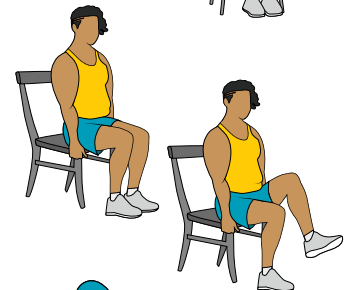
TRICEPS EXTENSION

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.



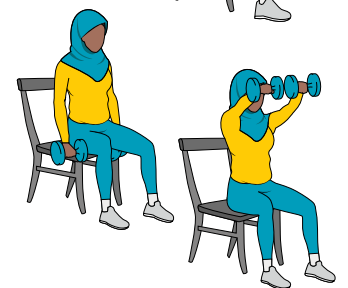
SEATED MARCHES

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.



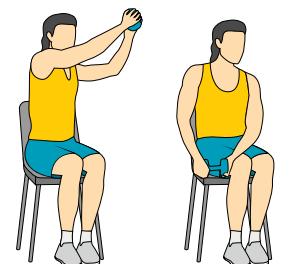
FRONT RAISES

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.



WOOD CHOP

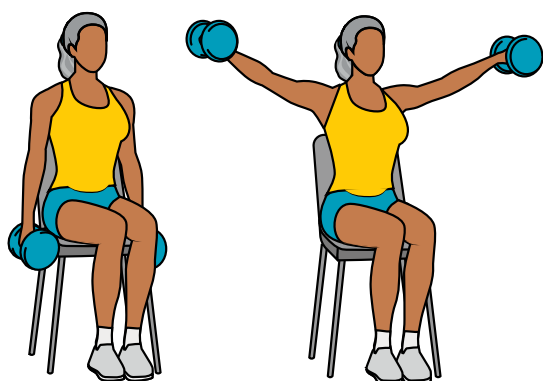
Sit up straight holding each end of a weight in your hands. Stretch your arms straight out in front of you and raise them to the sky. Rotate your torso to the left. Slowly swing the weight down to your right knee while rotating your torso to the right. Repeat for 15 seconds, then switch sides.



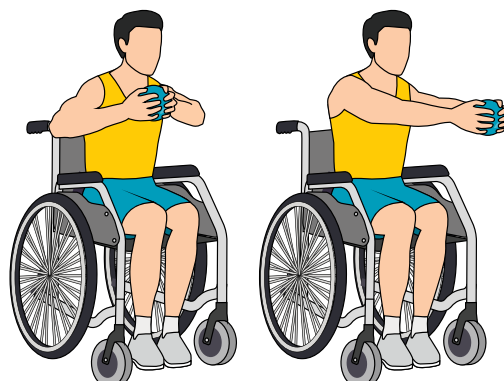
3-MINUTE SEATED WORKOUT

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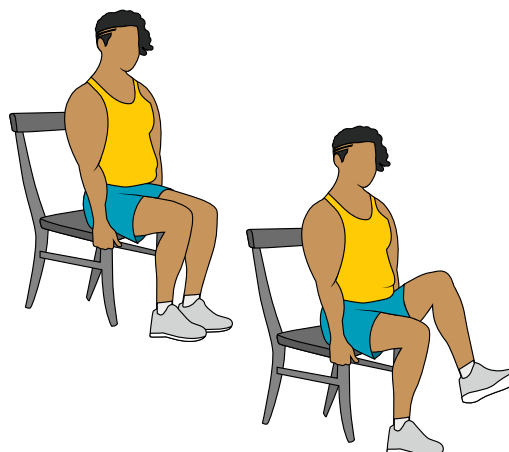
LATERAL RAISES



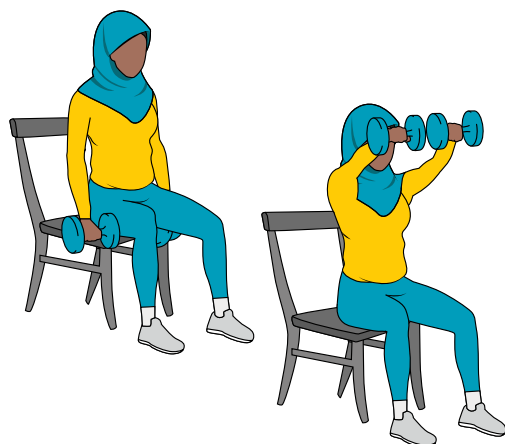
CHEST PRESS



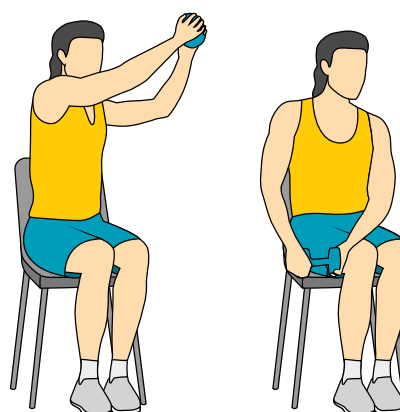
TRICEPS EXTENSION



SEATED MARCHES



FRONT RAISES



WOOD CHOP