

Strengthen and Tone Chair Workout

This is a full body workout including a warm up, and 3 different circuits. Feel free to modify and take breaks anywhere you may need, but don't forget to challenge yourself! Have fun and get to work!! 😊

[Playlist for all videos featured in this workout](#)

[Warm up: 3 rounds of 4 exercises, 30 sec each nonstop](#)

-Jog in place

-Squats

-Inchworms

-Jumping Jacks

Circuit One: 2 rounds of 4 exercises, 45 sec on/15 sec off

[Step ups w/ optional knee drive](#)

[Tricep dips](#)

[Bulgarian split squat L and R](#)

Circuit Two: 2 rounds of 4 exercises, 45 sec on/15 sec off

[Toe taps](#)

[Chair pushups](#)

[Elevated single leg bridges L and R](#)

Circuit Three: 6 rounds of 2 exercises, 20 sec on/10 sec off (Tabata)

[Burpees](#)

[Elevated plank](#)

Cool Down: 20 sec each

-roll shoulders back

-roll shoulders forward

-runners lunge to the R

-runners lunge to L

-bend over and touch your toes

-quad stretch R/L

-shoulder stretch R/L

-tricep stretch R/L

-three deep breaths