

CALF RAISE

LOWER BODY

5 10 15
BEG INT ADV



- Stand with feet together (place hands on chair for support)
- Lift right foot up (starting position)
- Flex ankle of left leg as if trying to stand on toes
- Hold at top of extension, then return to starting position
- Select reps based on fitness level (then switch legs)

CHAIR SQUAT

LOWER BODY

6 10 14
BEG INT ADV



- Stand in front of chair with feet parallel
- As you squat, raise arms straight out in front for balance
- Continue to squat down until buttocks touch chair
- Return to starting position

Tip: Advanced users squat until thighs are parallel to floor

STATIONARY LUNGE

LOWER BODY

4 8 12
BEG INT ADV



- Stand between desk and chair for support (as needed)
- Lower into lunge until right thigh is parallel to floor
- With feet remaining stationary, move up and down slowly
- Select reps based on fitness level (then switch legs)

TOE TOUCH

LOWER BODY

2 6 8
BEG INT ADV



- Balance on left foot (keep slight bend in knee)
- Slowly bend over until left hand touches left toe
- Return to starting position
- Select reps based on fitness level (then switch legs)

Tip: Use chair or desk for support as needed