

30 Day Chair Workout (1-5)

1



Seated Arm Reach

Sit tall with feet flat on the floor. Extend both arms forward at shoulder level, keeping them parallel to the ground. Hold for a few seconds, relax your shoulders, and breathe calmly.

2



Seated Forward Curl

Sit with feet flat on the floor, hands on your knees. Slowly round your back forward, letting your head and shoulders relax. Breathe calmly and stretch your upper back and neck.

3



Seated Hamstring Stretch

Sit at the edge of the chair. Extend one leg forward, heel on the floor, toes up. Keep your other foot flat. Reach toward your extended foot with a straight back. Hold, breathe, and switch legs.

4



Seated Leg Extension

Sit upright with a straight back and relaxed shoulders. Extend both legs forward, slightly lifted off the ground. Rest your hands on your thighs. Hold, engage your core, and keep your back tall.

5



Seated Reclined Leg Hold

Sit back and grip the chair for support. Lean slightly backward with a straight back. Extend both legs forward, keeping them straight and together. Hold for a few seconds, then relax.

30 Day Chair Stretches (1-5)

Seated Arm Reach



Seated Forward Curl



Seated Hamstring Stretch



Seated Leg Extension



Seated Reclined Leg Hold



DAY 1

- Seated Arm Reach: 3 sets
- Seated Leg Extension: 3 sets
- Seated Forward Curl: 3 sets

DAY 2

- Seated Hamstring Stretch: 3 sets (each leg)
- Seated Reclined Leg Hold: 3 sets

DAY 3

- Seated Arm Reach: 3 sets
- Seated Forward Curl: 3 sets
- Seated Hamstring Stretch: 3 sets (each leg)

DAY 4

- Seated Leg Extension: 3 sets
- Seated Reclined Leg Hold: 3 sets

DAY 5

Rest Day

DAY 6

- Seated Arm Reach: 3 sets
- Seated Forward Curl: 3 sets

DAY 7

- Seated Hamstring Stretch: 3 sets (each leg)
- Seated Leg Extension: 3 sets

DAY 8

Rest Day

DAY 9

- Seated Reclined Leg Hold: 3 sets
- Seated Arm Reach: 3 sets

DAY 10

- Seated Forward Curl: 3 sets
- Seated Hamstring Stretch: 3 sets (each leg)

DAY 11

- Seated Leg Extension: 3 sets
- Seated Reclined Leg Hold: 3 sets

DAY 12

- Seated Arm Reach: 3 sets
- Seated Hamstring Stretch: 3 sets (each leg)

DAY 13

Rest Day

DAY 14

- Seated Forward Curl: 3 sets
- Seated Leg Extension: 3 sets

DAY 15

- Seated Reclined Leg Hold: 3 sets
- Seated Arm Reach: 3 sets

DAY 16

- Seated Forward Curl: 3 sets
- Seated Hamstring Stretch: 3 sets (each leg)

DAY 17

- Seated Arm Reach: 3 sets
- Seated Reclined Leg Hold: 3 sets

DAY 18

Rest Day

DAY 19

- Seated Hamstring Stretch: 3 sets (each leg)
- Seated Leg Extension: 3 sets

DAY 20

- Seated Forward Curl: 3 sets
- Seated Reclined Leg Hold: 3 sets

DAY 21

- Seated Arm Reach: 3 sets
- Seated Forward Curl: 3 sets
- Seated Leg Extension: 3 sets

DAY 22

Rest Day

DAY 23

- Seated Reclined Leg Hold: 3 sets
- Seated Hamstring Stretch: 3 sets (each leg)

DAY 24

- Seated Arm Reach: 3 sets
- Seated Hamstring Stretch: 3 sets (each leg)

DAY 25

- Seated Forward Curl: 3 sets
- Seated Reclined Leg Hold: 3 sets

DAY 26

- Seated Arm Reach: 3 sets
- Seated Forward Curl: 3 sets

DAY 27

Rest Day

DAY 28

- Seated Reclined Leg Hold: 3 sets
- Seated Leg Extension: 3 sets

DAY 29

- Seated Hamstring Stretch: 3 sets (each leg)
- Seated Forward Curl: 3 sets

DAY 30

- Seated Leg Extension: 3 sets
- Seated Reclined Leg Hold: 3 sets

30 Day Chair Workout (6-10)



6

Seated Double Knee Lift

Sit tall, holding the chair for support. Lift both knees toward your chest while keeping your back straight and shoulders relaxed. Pause, then lower slowly. Move steadily with each lift.



7

Seated Forward Arm Reach

Sit tall and reach both arms forward at shoulder height. Gently round your upper back and drop your head slightly.



8

Chair Kick & Dip

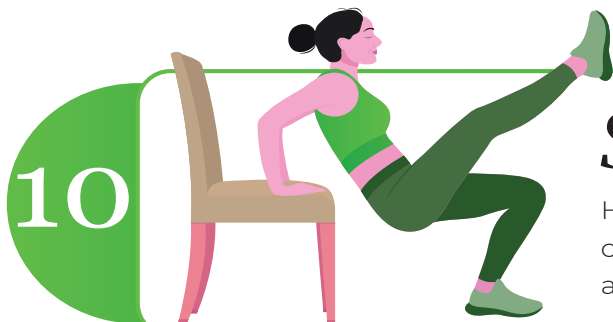
Hold the sides of the chair, lift your hips slightly off the seat, and kick one leg upward while keeping the other knee bent.



9

Standing Chair Mountain Climber

Place both hands on the seat of the chair. Step one leg back and pull the other knee forward toward your chest. Keep your back flat and core tight.



10

Single-Leg Chair Kick

Hold the sides of the chair and lift your hips slightly. Kick one leg up while keeping the other bent. Switch legs after a few reps.

30 Day Chair Stretches (6-10)

Seated Double Knee Lift



Seated Forward Arm Reach



Chair Kick & Dip



Standing Chair Mountain Climber



Single-Leg Chair Kick



DAY 1

- Seated Double Knee Lift: 3 sets
- Seated Forward Arm Reach: 3 sets
- Single-Leg Chair Kick: 3 sets (each leg)

DAY 2

- Chair Kick & Dip: 3 sets
- Standing Chair Mountain Climber: 3 sets (each leg)

DAY 3

- Seated Double Knee Lift: 3 sets
- Seated Forward Arm Reach: 3 sets
- Chair Kick & Dip: 3 sets

DAY 4

- Standing Chair Mountain Climber: 3 sets
- Single-Leg Chair Kick: 3 sets (each leg)

DAY 5

Rest Day

DAY 6

- Seated Double Knee Lift: 3 sets
- Chair Kick & Dip: 3 sets

DAY 7

- Standing Chair Mountain Climber: 3 sets
- Seated Forward Arm Reach: 3 sets
- Single-Leg Chair Kick: 3 sets (each leg)

DAY 8

Rest Day

DAY 9

- Seated Double Knee Lift: 3 sets
- Seated Forward Arm Reach: 3 sets
- Chair Kick & Dip: 3 sets

DAY 10

- Standing Chair Mountain Climber: 3 sets (each leg)
- Single-Leg Chair Kick: 3 sets (each leg)

DAY 11

- Chair Kick & Dip: 3 sets
- Seated Double Knee Lift: 3 sets
- Standing Chair Mountain Climber: 3 sets

DAY 12

- Seated Forward Arm Reach: 3 sets
- Single-Leg Chair Kick: 3 sets (each leg)

DAY 13

Rest Day

DAY 14

- Chair Kick & Dip: 3 sets
- Standing Chair Mountain Climber: 3 sets (each leg)

DAY 15

- Seated Double Knee Lift: 3 sets
- Seated Forward Arm Reach: 3 sets

DAY 16

- Chair Kick & Dip: 3 sets
- Seated Double Knee Lift: 3 sets

DAY 17

- Standing Chair Mountain Climber: 3 sets (each leg)
- Single-Leg Chair Kick: 3 sets (each leg)

DAY 18

Rest Day

DAY 19

- Seated Forward Arm Reach: 3 sets
- Chair Kick & Dip: 3 sets

DAY 20

- Seated Double Knee Lift: 3 sets
- Standing Chair Mountain Climber: 3 sets

DAY 21

- Seated Forward Arm Reach: 3 sets
- Chair Kick & Dip: 3 sets
- Standing Chair Mountain Climber: 3 sets

DAY 22

Rest Day

DAY 23

- Single-Leg Chair Kick: 3 sets (each leg)
- Seated Double Knee Lift: 3 sets

DAY 24

- Seated Forward Arm Reach: 3 sets
- Standing Chair Mountain Climber: 3 sets

DAY 25

- Chair Kick & Dip: 3 sets
- Seated Double Knee Lift: 3 sets

DAY 26

- Standing Chair Mountain Climber: 3 sets
- Seated Forward Arm Reach: 3 sets

DAY 27

Rest Day

DAY 28

- Seated Double Knee Lift: 3 sets
- Chair Kick & Dip: 3 sets

DAY 29

- Seated Forward Arm Reach: 3 sets
- Single-Leg Chair Kick: 3 sets (each leg)

DAY 30

- Seated Double Knee Lift: 3 sets
- Chair Kick & Dip: 3 sets
- Standing Chair Mountain Climber: 3 sets

30 Day Chair Workout (11-15)

11



Seated V-Leg Lift

Sit on the edge of the chair, lean back slightly, and lift both legs up to form a "V" shape. Hold the sides of the chair for balance.

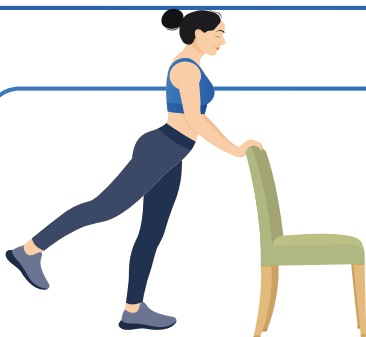
12



Seated Spinal Twist

Sit tall with feet flat. Place one hand on your opposite knee and gently twist your upper body to the side. Look over your shoulder.

13



Standing Leg Lift

Stand tall and hold the back of the chair for support. Gently lift one leg straight behind you. Keep your back straight and your core engaged.

14



Seated Chest Opener

Sit tall and clasp your hands behind the chair. Gently lift your chest and look upward as you stretch your shoulders back.

15



Chair Tricep Dip

Sit on the edge of a chair, hands placed with fingers forward. Slide your hips off, bend your elbows to lower your body, then push back up. Keep your back close to the chair and breathe gently.

30 Day Chair Stretches (11-15)

Seated V-Leg Lift



Seated Spinal Twist



Standing Leg Lift



Seated Chest Opener



Chair Tricep Dip



DAY 1

- Seated V-Leg Lift: 3 sets
- Standing Leg Lift: 3 sets (each leg)
- Seated Chest Opener: 3 sets

DAY 2

- Seated Spinal Twist: 3 sets (each side)
- Chair Tricep Dip: 3 sets

DAY 3

- Seated V-Leg Lift: 3 sets
- Seated Chest Opener: 3 sets
- Standing Leg Lift: 3 sets (each leg)

DAY 4

- Seated Spinal Twist: 3 sets
- Chair Tricep Dip: 3 sets

DAY 5

Rest Day

DAY 6

- Seated V-Leg Lift: 3 sets
- Seated Chest Opener: 3 sets
- Standing Leg Lift: 3 sets (each leg)

DAY 7

- Chair Tricep Dip: 3 sets
- Seated Spinal Twist: 3 sets

DAY 8

Rest Day

DAY 9

- Seated V-Leg Lift: 3 sets
- Standing Leg Lift: 3 sets (each leg)

DAY 10

- Seated Chest Opener: 3 sets
- Chair Tricep Dip: 3 sets

DAY 11

- Seated Spinal Twist: 3 sets (each side)
- Seated V-Leg Lift: 3 sets

DAY 12

- Seated Chest Opener: 3 sets
- Standing Leg Lift: 3 sets (each leg)

DAY 13

Rest Day

DAY 14

- Chair Tricep Dip: 3 sets
- Seated Spinal Twist: 3 sets (each side)

DAY 15

- Seated V-Leg Lift: 3 sets
- Standing Leg Lift: 3 sets (each leg)

DAY 16

- Seated Chest Opener: 3 sets
- Chair Tricep Dip: 3 sets

DAY 17

- Seated V-Leg Lift: 3 sets
- Seated Spinal Twist: 3 sets

DAY 18

Rest Day

DAY 19

- Standing Leg Lift: 3 sets (each leg)
- Seated Chest Opener: 3 sets

DAY 20

- Chair Tricep Dip: 3 sets
- Seated V-Leg Lift: 3 sets

DAY 21

- Seated Spinal Twist: 3 sets
- Standing Leg Lift: 3 sets (each leg)
- Seated Chest Opener: 3 sets

DAY 22

Rest Day

DAY 23

- Seated V-Leg Lift: 3 sets
- Chair Tricep Dip: 3 sets

DAY 24

- Standing Leg Lift: 3 sets (each leg)
- Seated Chest Opener: 3 sets

DAY 25

- Seated Spinal Twist: 3 sets
- Seated V-Leg Lift: 3 sets

DAY 26

- Standing Leg Lift: 3 sets (each leg)
- Seated Chest Opener: 3 sets

DAY 27

Rest Day

DAY 28

- Seated V-Leg Lift: 3 sets
- Seated Spinal Twist: 3 sets

DAY 29

- Chair Tricep Dip: 3 sets
- Standing Leg Lift: 3 sets (each leg)

DAY 30

- Seated Chest Opener: 3 sets
- Seated V-Leg Lift: 3 sets
- Seated Spinal Twist: 3 sets