

Sit and Strength

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- 4-5day/ week
 - 30minute workouts
 - Equipment – Dumbbell/Kettlebell, Body weight, resistance bands/ resistance tubes, towel
 - Program 4 weeks
 - Goal – Improve body posture, coordination and acts of daily living with low-impact movements
- Day 1 : Circuit 1 Core
 - Sit to stand 2x10
 - Leg raises 2x10
 - Shoulder Press 2x10
 - Arm Circles 2x15 seconds both ways
 - Day 2 : Circuit 2 Mobility
 - March in place 3x30 seconds
 - Toe Taps 3x30 seconds
 - Leg Kicks 3x10
 - Calf raises 3x10
 - Day 3 : Circuit 3 Posture
 - Seated Good morning 3x10
 - Shoulder raises 3x10
 - Leg extension hold 30 seconds
 - Bicep Curl 3x10
 - Day 4 : Recovery Circuit
 - Toe taps 3x30 seconds
 - March in place 3x30 seconds
 - Side leg lifts 3x10

Sit and Strength

- Schedule
 - Monday – Day 1
 - Tuesday – Day 2
 - Wednesday – Recovery/ Stretch
 - Thursday – Day 3
 - Friday – Day 4
 - Saturday – Rest, Cardio 10k steps
 - Sunday – Rest, Cardio 10k steps
- Progression plan
 - Increase resistance every 3 weeks
 - Track intensity and fatigue adjust accordingly
 - *Recommend Inbody scan every 3 months to check body comp