

ACTIVE OLDER ADULTS



Seated Workout Beginner Level

Equipment Needed: A stable chair without arms. Click the name of the exercise for a video demonstration.

Workout Duration: Approximately 30 Minutes

Complete this workout as a circuit. Perform each exercise for 40 seconds, then rest for 20. Do each circuit three times.

Warm Up: Circuit 1

- Seated March
- Seated Heel Tap

Core Workout: Circuit 2

- Seated Shoulder Rotation
- Seated Shoulder Raise
 - Seated Biceps Curl
 - Sit To Stand
- Seated Leg Extension
 - Seated Knee Bend
- Seated Lateral Bend
 - Seated Twist

Cool Down: Circuit 3

- Seated March
- Seated Heel Tap

Don't forget to check-in! <https://www.duluthymca.org/web-checkin>