28-Day Chair Workout

5 minutes a day, all seated. Tick a box each day.

Wakeout

Use a sturdy chair without wheels. Move slowly and keep breathing. Stop if anything hurts or you feel dizzy.

Week 1: Get moving

1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	6 ☐	7 ☐
Loosen up	Arms and towel	Loosen up	Legs	Loosen up	Chair dancing	Your pick

Week 2: Build

8 ☐	9 ☐	10 ☐	11 ☐	12 ☐	13 ☐	14 ☐
Loosen up	Legs	Arms and towel	Core and posture	Chair dancing	Legs	Your pick

Week 3: Stronger

15 ☐	16 ☐	17 ☐	18 ☐	19 ☐	20 ☐	21 ☐
Core and posture	Legs	Chair dancing	Arms and towel	Core and posture	Full body	Your pick

Week 4: All together

22 ☐	23 ☐	24 ☐	25 ☐	26 ☐	27 ☐	28 ☐
Full body	Chair dancing	Core and posture	Full body	Legs	Chair dancing	Full body

Play every day on video, free: **wakeout.app/28-day-chair-workout**

The six routines

Ten moves each, about 30 seconds a move. From week 3, go through twice if you feel good.

Loosen up

1. Strong Breath
2. Ear To Shoulder Drop
3. Scapula Activations
4. Morning Salutes
5. Inside Elbow Rotations
6. Strict Rotations
7. Lateral Folds
8. Alternating Calf Raises
9. Alternating Knee Raises
10. Shoulder Screen Slump Fix

Arms and towel

1. Towel Arm Raises
2. Towel Archer Stretch
3. Towel Lateral Folds
4. Towel Forward Slide
5. Inside Elbow Rotations
6. Outside Elbow Rotations
7. Morning Salutes
8. Scapula Activations
9. Strict Rotations
10. Strong Breath

Legs

1. Alternating Calf Raises
2. Alternating Knee Raises
3. Alternating Leg Raises
4. Lateral Knee Raises
5. Left Knee Circles
6. Right Knee Circles
7. Wide Knee Raises
8. Outward Knee Raises
9. Forward Stomps
10. Slow Get Ups

Core and posture

1. Strong Breath
2. Forward Leans
3. Lateral Folds
4. Strict Rotations
5. Waist Sway
6. Towel Lateral Folds
7. Wide Stance Forward Leans
8. Shoulder Screen Slump Fix
9. Obliques
10. Towel Forward Slide

Chair dancing

1. Feel The Beat
2. Shoulder Dance
3. Forward Stomps
4. Knee Shimmy
5. The Cha Cha
6. Chicken Dance
7. Sky Punches
8. Raise The Roof
9. Wipers
10. Sprinkles

Full body

1. Morning Salutes
2. Towel Arm Raises
3. Towel Archer Stretch
4. Alternating Knee Raises
5. Lateral Knee Raises
6. Slow Get Ups
7. Strict Rotations
8. Lateral Folds
9. Sky Punches
10. Raise The Roof

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