Free 28-day chair workout plan

> Use a solid chair without wheels, sit toward the front of the seat with your feet flat, and move slowly. Stop if something hurts, and check with your doctor first if you have a condition that affects exercise.

Week 1



Day 1

☐ Done

Chair Warm-Up

Heel raises, 30 s
Neck turns, 30 s
March, 45 s
Ankle circles, 30 s
Torso twist, 40 s

Day 2
Rest



Day 3

☐ Done

Seated Strength

Punches, 40 s
Overhead reach, 12 times
Knee extensions, 12 times
Heel raises, 15 times
Leg lifts, 10 times

Day 4
Rest



Day 5

☐ Done

Chair Wind-Down

Neck turns, 8 times
Shoulder rolls, 10 times
Cat-cow, 8 times
Chest opener, 40 s
Hamstring stretch, 40 s

Day 6
Rest

Day 7
Rest

Week 2



Day 8

☐ Done

Chair Cardio

March, 45 s
Punches, 45 s
Toe taps, 40 s
Leg lifts, 12 times
Side bend, 40 s

Day 9
Rest



Day 10

☐ Done

Seated Core

Core hold, 30 s
Torso twist, 10 times
Leg lifts, 40 s
Knee extensions, 12 times
Cat-cow, 8 times

Day 11
Rest



Day 12

☐ Done

Desk Reset

Chin tucks, 10 times
Neck side stretch, 40 s
Chest opener, 40 s
Upper back stretch, 40 s
Wrist circles, 30 s

Day 13
Rest

Day 14
Rest

Week 3



Day 15

☐ Done

Seated Strength

Punches, 40 s
Overhead reach, 12 times
Knee extensions, 12 times
Heel raises, 15 times
Leg lifts, 10 times

Day 16
Rest



Day 17

☐ Done

Chair Cardio

March, 45 s
Punches, 45 s
Toe taps, 40 s
Leg lifts, 12 times
Side bend, 40 s

Day 18
Rest



Day 19

☐ Done

Chair Wind-Down

Neck turns, 8 times
Shoulder rolls, 10 times
Cat-cow, 8 times
Chest opener, 40 s
Hamstring stretch, 40 s

Day 20
Rest

Day 21
Rest

Week 4



Day 22

☐ Done

Seated Core

Core hold, 30 s
Torso twist, 10 times
Leg lifts, 40 s
Knee extensions, 12 times
Cat-cow, 8 times

Day 23
Rest



Day 24

☐ Done

Seated Strength

Punches, 40 s
Overhead reach, 12 times
Knee extensions, 12 times
Heel raises, 15 times
Leg lifts, 10 times

Day 25
Rest



Day 26

☐ Done

Chair Cardio

March, 45 s
Punches, 45 s
Toe taps, 40 s
Leg lifts, 12 times
Side bend, 40 s

Day 27
Rest

Day 28
Rest

How to use the plan

- **Three sessions a week.** Each week has a session on days 1, 3 and 5, for example Monday, Wednesday and Friday. The other days are rest days.
- **The order.** Week 1: Chair Warm-Up, Seated Strength, Chair Wind-Down. Week 2: Chair Cardio, Seated Core, Desk Reset. Week 3: Seated Strength, Chair Cardio, Chair Wind-Down. Week 4: Seated Core, Seated Strength, Chair Cardio.
- **About 5 minutes each.** Every session is five seated moves with a short rest between them. The moves and their counts are written out below.
- **Tick the box.** When a session is done, tick it on the grid.
- **Missed a day?** Do that session the next day and carry on from there. Nothing restarts.

The six workouts

Six workouts make up the 28 days. Rest about 15 to 20 seconds between moves.

Chair Warm-Up

Wakes up every joint, one at a time. It opens the plan on day 1.

- **Seated heel raises, 30 seconds.** Keep your toes down and lift both heels, then lower them slowly.
- **Seated neck turns, 30 seconds.** Turn your head slowly to one side, pause, then turn to the other.
- **Seated march, 45 seconds.** Sit tall and lift one knee at a time, like marching in your chair.
- **Seated ankle circles, 30 seconds.** Lift one foot slightly and draw slow circles with your toes. Switch feet after the set.
- **Seated torso twist, 40 seconds.** Sit tall with your hands on your chest and rotate your upper body side to side.

Seated Strength

Arms, legs and posture without leaving the chair.

- **Seated punches, 40 seconds.** Punch forward one arm at a time at a steady, controlled pace.
- **Seated overhead reach, 12 times.** Reach both arms overhead, then lower them slowly to your sides.
- **Seated knee extensions, 12 times.** Straighten one leg out in front of you, hold briefly, then lower it.
- **Seated heel raises, 15 times.** Keep your toes down and lift both heels, then lower them slowly.
- **Seated leg lifts, 10 times.** Lift one knee toward your chest, lower it, then switch legs.

Chair Cardio

Steady movement at a brisker pace, sitting down.

- **Seated march, 45 seconds.** Sit tall and lift one knee at a time, like marching in your chair.
- **Seated punches, 45 seconds.** Punch forward one arm at a time at a steady, controlled pace.
- **Seated toe taps, 40 seconds.** Tap your toes on the floor in front of you, alternating feet at a brisk pace.
- **Seated leg lifts, 12 times.** Lift one knee toward your chest, lower it, then switch legs.
- **Seated side bend, 40 seconds.** Reach one arm overhead and lean gently to the opposite side.

Seated Core

Bracing, twisting and lifting, all supported by the chair.

- **Seated core hold, 30 seconds.** Sit tall, brace your middle as if bracing for a gentle nudge, and breathe.
- **Seated torso twist, 10 times.** Place your hands on your chest and turn your upper body, keeping hips and knees facing forward.
- **Seated leg lifts, 40 seconds.** Lift one knee toward your chest, lower it, then switch legs.
- **Seated knee extensions, 12 times.** Straighten one leg out in front of you, hold briefly, then lower it under control.
- **Seated cat-cow, 8 times.** Round your upper back, then open your chest. Small movement, hips stay on the seat.

Chair Wind-Down

A slow seated stretch. Nothing strenuous.

- **Seated neck turns, 8 times.** Turn your head slowly to one side, pause, and return through the middle.
- **Seated shoulder rolls, 10 times.** Roll your shoulders up, back and down in a slow circle.
- **Seated cat-cow, 8 times.** Round your upper back, then open your chest. Small movement, hips stay on the seat.
- **Seated chest opener, 40 seconds.** Clasp your hands behind you and draw your shoulder blades together.
- **Seated hamstring stretch, 40 seconds.** Straighten one leg with the heel on the floor and hinge forward gently until you feel the stretch.

Desk Reset

Neck, shoulders and wrists. Do every move sitting in your chair.

- **Chin tucks, 10 times.** Draw your chin straight back, lengthening the back of your neck, hold, then release.
- **Neck side stretch, 40 seconds.** Tilt one ear toward your shoulder and hold, then switch sides.
- **Seated chest opener, 40 seconds.** Clasp your hands behind you and draw your shoulder blades together.
- **Upper back stretch, 40 seconds.** Clasp your hands in front and round your upper back, pushing your hands away.
- **Wrist circles, 30 seconds.** Circle both wrists slowly in one direction, then reverse.