

Exercise 1. Seated March

This exercise helps the body warm up, ready for exercise.

What do I need?

1 Chair



1. Sit Tall with a straight back and neck.

Place feet hip distance apart.

Place hands by your side.

2. Start marching lifting from the knee.

Alternating legs.

Holding in your core as you move.



3. As you warm up, lift your knees higher for a bigger movement.

TIP: Move arms for added intensity