Quick Start Date _____

10-Minute Chair Workout & Tracker

Use a sturdy chair without wheels. Start with one round.
Keep breathing. Rest between moves as needed.
Stop if you feel dizzy, have sharp pain or chest pain, or feel unusually short of breath.

Seated exercise	Time or reps	I did
1. Marches	30-60 sec	_____
2. Ankle circles	10 each way	_____
3. Knee extensions	8-12 each leg	_____
4. Heel and toe raises	10-15 reps	_____
5. Arm raises	8-12 reps	_____
6. Shoulder blade squeezes	10-12 reps	_____
7. Core bracing	5-10 breaths	_____

8. Choose one finish

Stay seated **Pillow squeeze**

Feet flat, pillow between knees. Gently squeeze for 3 seconds, then release. Try 5 squeezes.

Stand up **Sit-to-stand**

If you can stand safely, lean forward, stand up, then sit down slowly. Try 5-10 reps.

My finish (circle one): Pillow squeeze / Sit-to-stand

Reps I did _____ How it felt _____