



# Vancouver Park Board

## *Workouts with familiar faces*

Provided by Kinga on March 23, 2020

## Intermediate Home Fitness Program with a Chair

### **Chair Squat**

Directions:

- 1.) Stand with feet hip width apart
- 2.) Abs tight, arms in front
- 3.) Sit into chair
- 4.) Stand back up



**Reps: 15 / Sets: 1-3 / Weight: Bodyweight or add additional weight for progression**

## **Chair Push Up**

Directions:

- 1.) Hands on chair under shoulders in a planked position
- 2.) Abs tight and body in a straight line from ankles to neck
- 3.) Bend elbows and lower to chair
- 4.) Push away from the chair to the start position



**Reps: 15 / Sets: 1-3 / Weight: Bodyweight**

## **Chair Mountain Climber**

Directions:

- 1.) Hands under shoulders in a planked position
- 2.) Abs tight and body in a straight line from ankles to neck
- 3.) Drive the left knee to the left wrist and return foot to floor
- 4.) Alternate and drive the right knee to the right wrist and return to floor





**Reps:** Alternate 10 on each side/ **Sets:** 1-3 / **Weight:** Bodyweight

## **Bulgarian Split Squat**

Directions:

- 1.) In a staggered stance place the right leg on the chair
- 2.) Abs tight and upper body tall
- 3.) Lower the right knee towards the floor and push back up to starting position
- 4.) Repeat 10 times and switch to the left leg
- 5.) Tip: Place the chair next to the wall to help balance



**Reps:** 10 on each side/ **Sets:** 1-3 / **Weight:** Bodyweight



## **Elevated Bridge**

Directions:

- 1.) Lay on the floor with both heels on the chair and arms at sides for support
- 2.) Abs tight
- 3.) Drive the heels into the chair and raise hips of the floor and squeezing the glutes
- 4.) Lower to floor



**Reps: 15/ Sets: 1-3 / Weight: Bodyweight**

## **Bent Over Row with Chair**

Directions:

- 1.) Hinge at hip at a 45 degree angle with the upper body
- 2.) Abs tight with back straight
- 3.) Hold the chair and pull it in toward the diaphragm with the elbows sweeping past the torso
- 4.) Lower chair back to starting position



**Reps: 15/ Sets: 1-3 / Weight: weigh of chair**



