

Seated Strength Training Workout

Instructions:

Start off by doing 10 to 15 reps of each exercise.

Aim for 1 to 2 sets to start.

As you build strength, you can add extra sets, and increase the weight.

*A repetition (rep) is one complete exercise movement.

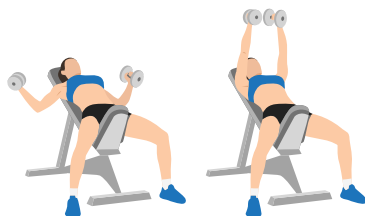
**A set is a certain number or reps. For instance, 10 to 15 reps make up 1 set.

Sample Weekly Calendar

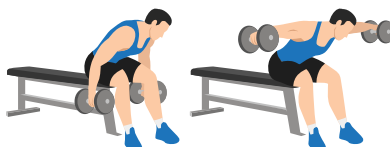
Monday

Wednesday

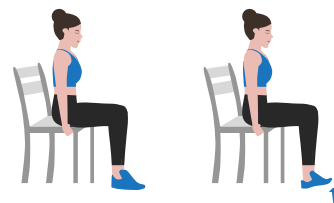
Friday



Chest Fly



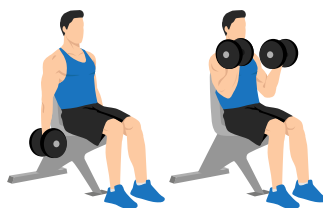
Seated Inverted Fly



Toe Taps



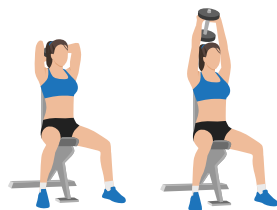
Seated Shoulder Press



Seated Bicep Curl



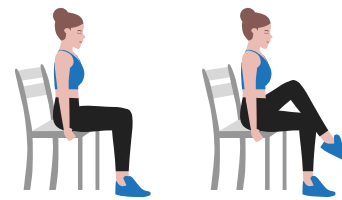
Seated Leg Extension



Seated Triceps Extension



Seated Sit-Up



Seated March

If you have questions about these exercises, email 15forme@enrichvisits.com, where a certified health coach is available to provide you with additional support.