

**MOVE IT CHALLENGE – EXERCISE CIRCUIT IDEAS**  
**SEATED EXERCISE CIRCUIT (pto for non-seated)**



**Pick ten exercises that suit you and write them into your Results Tracker Form.**

EXERCISE	DESCRIPTION
<b>With all Arm exercises you can increase the difficulty by holding a bottle of water or an unopened tin in each hand – how difficult they are is up to you!</b>	
Bicep curls (Front of arms)	Sit on chair with elbows tucked in by your sides, with your hands down towards the floor, bring your hands up to touch your shoulders and back down to your sides. Repeat.
Dumb Waiter (Upper back and posture)	Sit on chair with arms bent at the elbow and forearms pointing in front with palms facing up. Keeping elbows tucked in, slowly move forearms to point to sides, squeeze shoulder blades together and open up across the chest. Slowly bring forearms pointing out in front. Repeat.
Tricep Curl (Back of arms)	Sit on chair with arms pointing towards the ceiling. Alternately bend each elbow so that hand goes behind head. Return arm to starting position towards ceiling and repeat with other elbow.
Front Raise (Shoulders)	Sit on chair with straight arms by side. Slowly lift arms to front and hold for 5 seconds at shoulder height. Slowly lower and repeat.
Upright Row (Shoulders)	Sit on chair with legs apart and arms hanging between. Bring hands up to centre of chest to nipple line by bending elbows out to the side as if rowing. Straighten arms and return to between legs. Repeat.
Shoulder Rotation (Shoulders)	Sit on chair with arms out to sides at shoulder height, slightly bent. Hold hands with palms up and then rotate so that palms face floor. Repeat.
Shoulder Circles	Sit tall and roll both shoulders in as large circles as you can
Chest Press (Chest)	Bring hands up to touch the front of the shoulders, elbows out to the side, push both hands forward with knuckles leading and return.
Bottom Walk (Bottom)	Sit up straight at the back of the chair of chair. Alternately squeeze (& lift) each buttock to slowly move towards the front of the chair. Repeat.
Raised Leg Hold (Quads & abs)	Sitting up straight in the chair with legs hip width apart and feet firmly on the floor, extend one leg from the knee, trying to get your foot and knee in line, lower and repeat on the other leg.
Side Bend (Sides)	Sit tall in your chair with your hands by your sides. Slowly lean to the side (slide your hand down) as if you're reaching to pick something up off the floor, return to sitting tall then repeat on the other side.
Seated Jacks (Cardio)	Sit tall with knees bent and together, arms at sides. Open legs out to sides and extending arms overhead in an 'X' shape. Return to start
Leg Lift & Twist (Quads & abs)	Sitting tall on edge of chair, lift right knee up and turn left shoulder towards the raised knee without leaning forward. Return to start and repeat with opposite arm and leg. For a harder workout extend the leg.
Hinge (Back & abs)	Sit tall with knees bent and together (focus on squeezing thighs), cross arms across chest. Pull belly button into spine and hinge forward towards knees. Slowly sit tall until back is touching the chair. Return to start.
Marching (Legs)	Sit tall on chair and pull belly button into spine. March on the spot.

DISCLAIMER As a participant, you should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge RHL from any and all claims or causes of action, known or unknown, arising out of RHL negligence. RHL recommends you consult your physician before beginning any exercise program.

## **MOVE IT CHALLENGE – EXERCISE CIRCUIT IDEAS**

### **NON-SEATED EXERCISE CIRCUIT (pto for seated options)**

**Pick ten exercises that suit you and write them into your Results Tracker Form.**



<b>EXERCISE</b>	<b>DESCRIPTION</b>
<b>With all Arm exercises you can increase the difficulty by holding a small bottle of water or an unopened tin in each hand – how difficult they are is up to you!</b>	
Bicep curls (Front of arms)	Sit on chair with elbows tucked in by your sides, with your hands down towards the floor, bring your hands up to touch your shoulders and back down to your sides. Repeat.
Tricep Curl (Back of arms)	Sit on chair with arms pointing towards the ceiling. Alternately bend one elbow so that hand goes behind head. Straighten back up and repeat with other elbow.
Boxing (Arms and shoulders)	Clench hands into fists and alternately shoot each arm out as if to punch a punchbag. To make it harder increase the speed.
Upright Row (Shoulders)	Stand with legs apart and arms hanging in front of body. Slowly bring hands up to centre of chest to nipple line by bending elbows out to the side as if rowing. Straighten arms and return to between legs. Repeat.
Shoulder Rotation (Shoulders)	Sit on chair with arms out to sides at shoulder height, slightly bent. Hold hands with palms up and then rotate so that palms face floor. Repeat.
Shoulder Circles (Shoulders)	Stand tall and roll both shoulders in as large circles as you can
Arm Cycling (Arms & Shoulders)	Hold arms out in front of you at shoulder level. Bend elbows and clench hands to make fists. Move round in circles by imagining you're holding bicycle pedals.
Squats (Front & back of legs)	Stand with feet shoulder width apart, then slowly bend knees and raise arms in front until parallel with your shoulders. Slowly return to standing, bringing arms back to sides.
Side Twists (Sides)	Lie on back with knees bent and feet by bottom. Spread arms out to each side. Keeping knees and feet together, tip legs to one side as far as possible then slowly return to the middle. Repeat to the other side.
Wall Sits (Back of legs)	Stand close to the wall with feet shoulder width apart then slowly slide down the wall into a sitting position with thighs parallel to the wall. Hold for as long as possible.
Swimmers (Full body)	Lie on stomach with arms above head and legs stretched out. Alternately lift opposite arm and leg off floor (i.e. right leg & left arm) and then switch. Remember to breathe!!
Step Ups	Stand in front of a step. Hold on to bannisters if needed. Step up with both feet one at a time and then step down with both feet one at a time.
Marching (Legs)	Standing tall, march on the spot bringing those knees high and swinging your arms.
Calf Stretch	Stand on the edge of a step with heels hanging off the back of the step. Push up to stand on tiptoes then slowly lower to below the height of the step.

DISCLAIMER As a participant, you should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge RHL from any and all claims or causes of action, known or unknown, arising out of RHL negligence. RHL recommends you consult your physician before beginning any exercise program.