

Healthy @HOME

with  **move** | by **BJC**

Easy Chair Workouts to Enhance Your Home Routine

With gyms and fitness facilities closed, you may be growing tired of jumping jacks and push-ups. Did you know you can spice up your workout with everyday items you have around your house?

All you need is a towel and a chair to take your workout to the next level and keep things interesting! Here's how.

Setup: Place a basic kitchen chair against a wall or hard surface on a hardwood or tile floor. Grab two hand towels.

Chair Tricep Dips - Have a seat in your chair, place your hands next to your hips on the seat so that your fingers are towards the ground and in front on the chair (not to the side). Move yourself off the chair by walking your feet forwards, then slowly lower yourself towards the ground and press through your hands to come back up. Repeat 8-10 times.

Chair Push-ups - Facing the chair, put your hands on the front edge of the seat and stack your shoulders over your wrists. Walk your feet away from the chair until your body is in a straight line (plank position), tuck your elbows to about 45 degrees and slowly lower yourself towards the chair, keeping your abs tight. Press into your hands to return to the starting position. Repeat 8-10 times.

Towel Reverse Lunge - Take a towel and lay it on a hardwood or tile floor. Plant one foot firmly on the ground and the other on the towel, slide the foot on the towel backwards and your knee towards the ground. Then, pressing your foot into the towel, squeeze your legs together and stand up tall.

Chair Squats -

Standing with your feet hip/shoulder distance apart, tighten your abs and sit back into the chair, trying to only tap the seat with your rear before standing back up. Repeat 10-15 times.

Towel Mountain Climbers - Using both towels, one under each foot, make your way to the ground or use the chair in the same position as your push-ups to find your starting plank position. Pull one knee into your chest, return to your plank position, and do alternate knee tucks. The towels should allow your feet to slide freely along the hardwood or tile and your shoulders and hips should not shift from side to side, staying square towards the ground. Repeat 8-10 times per side.

Towel Knee Tucks - In the same starting position as your mountain climbers, now try tucking both knees into your chest together and then back out into your plank. Repeat 10 times.

