



**GETFIT**

**WHERE YOU SIT**

For working professionals to exercise where they spend the majority of their time—at their office!

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# WELCOME!

## ABOUT THE PROGRAM

The Get Fit Where You Sit program is designed for working professionals to exercise where they spend the majority of their time—at their office!

No matter what constitutes a person’s “office” (private office, cubicle or other corporate setting, home, etc.), the important thing about this program is that no special equipment is required. All exercises are designed to use things at your fingertips—an office chair (**without wheels**), desk, wall, water bottle, laptop or other items that can serve to add weight (if necessary). Ultimately, a chair and a water bottle will suffice for most exercises. In addition, these exercises can be performed in most any attire.

### THREE LEVELS:

**BEGINNER**

**INTERMEDIATE**

**ADVANCED**

### TWO EXERCISE SERIES:

**SERIES 1**  
WEEKS 1–3

**SERIES 2**  
WEEKS 4–6

### FULL INSTRUCTIONS:

**Number of reps and sets are indicated for each exercise and exercises are outlined for each day.**



**GETFIT**

**WHERE YOU SIT**

# DID YOU KNOW...

## NEED A LITTLE BOOST OR REASON TO GET MOVING?

### CONSIDER THIS:

- ▶ People who sit still more than four hours per day have a 40% higher risk of developing a preventable disease than those who are active.
- ▶ Physically active men lower their risk of stroke by 66% and physically active women decreased their risk of stroke by 50% with just three days of physical activity per week.
- ▶ People who don't perform regular physical activity are more likely to become depressed. Activity reduces mood swings and helps a person maintain a sense of emotional well-being.
- ▶ People who are sedentary have the highest rate of heart attack.
- ▶ Bones and muscles require regular exercise to maintain their mineral content and strength. Bone loss progresses much faster in people who are physically inactive.
- ▶ Sedentary lifestyle can lead to:
  - Anxiety
  - Deep Vein Thrombosis
  - Depression
  - Diabetes
  - Colon Cancer
  - High Blood Pressure
  - Obesity
  - Osteoporosis
  - Lipid Disorders
  - Kidney Stones
  - Carpal Syndromes
  - Back and Neck Pain
  - Spinal Disc Herniation (low back pain)

# THE GOOD NEWS

## **PHYSICAL ACTIVITY FOR AT LEAST 10 MINUTES PER DAY:**

- ▶ Helps maintain bone and muscle density.
- ▶ Improves sleep and overall stress level.
- ▶ Prevents weight gain and promotes weight loss.
- ▶ Helps prevent Type II Diabetes.
- ▶ Improves your chances of living longer.
- ▶ Helps prevent cardiovascular disease and lipid disorders.



# GETTING STARTED

## STEP 1: DETERMINE YOUR FITNESS LEVEL

The first step to starting the Get Fit Where You Sit program is deciding which level is best for you. There are three levels: Beginner, Intermediate and Advanced. Each section is color-coded to make it easy for you to flip through to the appropriate section.

Use the following guidelines to help you choose where to start:

### BEGINNER

New to working out or currently exercising 1–2 days a week at low to moderate intensity? The Beginner series is where you will want to start (page 10). All Beginner workouts are color-coded green.

### INTERMEDIATE

If you're working out 2–3 days a week at a moderate intensity, choose the Intermediate series (page 30). The Intermediate series is color-coded blue.

### ADVANCED

For those working out more than 3 days a week at a vigorous intensity and your routine already includes a combination of weight training and cardio activity, the Advanced series is for you (page 56). The Advanced series is color-coded yellow.

## STEP 2: CHART YOUR COURSE

Once you've determined the series most appropriate for you—Beginner, Intermediate or Advanced—you'll see that each series is divided into two sections: Weeks 1–3 and Weeks 4–6.

Within the series, we've outlined a week's worth of exercises for each section: Weeks 1–3 should be repeated for 3 weeks, then Weeks 4–6 repeated for 3 weeks.

Depending on which Series you are working in, you'll exercise 4–6 days each week. Exercises are shown for each day.

### FOR EXAMPLE

If you are starting in the Beginner Series, your first set of exercises for weeks 1–3 begin on page 12 as follows:

- ▶ **DAY 1** = STRENGTH: LOWER, pages 12–13
- ▶ **DAY 2** = CARDIO + ABS, pages 14–15
- ▶ **DAY 3** = STRENGTH: UPPER, pages 16–17
- ▶ **DAY 4** = CARDIO + ABS, pages 18–19

You will complete week 1, then repeat the same exercises for weeks 2 and 3. After completing week 3, move to the next section: weeks 4–6. A week's worth of exercises are then outlined per day (pages 22–29) and should be repeated for 3 weeks.

### THE BEST PART ABOUT THE PROGRAM IS ITS FLEXIBILITY!

Once you complete a 6-week series—Beginner, Intermediate or Advanced—you can:

- ▶ **MOVE ON TO THE NEXT SERIES** —OR—
- ▶ **REPEAT THE SERIES YOU JUST COMPLETED, THIS TIME ADDING MORE REPS, SETS OR WEIGHT**

If you find the exercises too easy, increase the intensity (we tell you how to do this at the beginning of each section) or move to the next series. If you're not ready to move to the next series, you can always repeat a series until you are.

# RESOURCES

You've chosen your level and are ready to get started. We've made it easy for you to navigate the program by giving you a variety of resources for support. You'll know what workout to do, what day to do it, how to do each exercise and how many sets, reps and/or length of time each should be performed. Here's what we've provided:

## ▶ **GUIDEBOOK**

This guidebook is meant to do just that—guide you through each workout. Workouts are organized by level, week and day. We created visual references for every exercise and included your sets and reps for each. To the side, we added quick notes and reminders with tips for keeping good form, how to modify intensity (make it easier or make it harder) and more. Use the workout pages as a visual aid to guide you through your weeks. (Workouts for each series begin on the following pages: Beginner Series: page 10; Intermediate: page 30; Advanced: page 56).

## ▶ **ONLINE VIDEO LIBRARY**

In addition to the guidebook of exercises, we've also created an online video library. Here you'll find video demos of each exercise in action showing you proper form from start to finish. Like the Guidebook, the library is organized by the three levels — Beginner, Intermediate, Advanced — and by workout. This will allow you to find all the exercises for every workout in the order they should be performed, with the recommended reps listed.  
[www.GetFitSitCox.com](http://www.GetFitSitCox.com)

## ▶ **PERSONAL COACH**

While we can't be there with you for every workout, we are just an email or phone call away. Anytime you have questions, need a boost of motivation or otherwise, you have a personal coach on your side.



**CoxFitnessCenters@coxinc.com**

Chip Allen Fitness Center 678-645-0213

Barbara Cox Fitness Center 678-645-4981

Octane Fitness Center 404-568-1700

# THE WORKOUTS

## IT'S TIME TO DIVE IN!

The workouts are color-coded by level and organized by day. You can also see each of these exercises in action online at:

[www.GetFitSitCox.com](http://www.GetFitSitCox.com)

### REMEMBER:

- ▶ Go at your own pace as you get used to performing each exercise.
- ▶ If you have an injury, don't perform exercises that cause pain or put additional stress on the injured area. Contact your personal coach (if available) or a fitness professional for a modification.
- ▶ If you can't do the full range of motion for an exercise, do what you can. As long as you are making the effort, keeping correct form and staying consistent, you'll get there. Consult with your personal coach if you have concerns.

## WELCOME TO THE BEGINNER SERIES, WEEKS 1–3.

A few things to keep in mind before beginning the workout routines:



Some of the exercises will use a chair. Make sure the chair you are using does not have wheels. If it does, lean it against a wall or stable surface so it does not slide. If a sturdy chair is not available, we recommend that you use a sturdy desk, table or bench. For demo purposes, we will be using a chair.



Don't forget to hydrate with water every 10–15 minutes during the workouts, especially on cardio days!



Remember to reference our website at **[www.GetFitSitCox.com](http://www.GetFitSitCox.com)** for demonstration videos of any of these exercises.

TIPS TO INCREASE INTENSITY =



**SLOW DOWN THE  
STRENGTH MOVEMENTS**



**SPEED UP THE  
CARDIO EXERCISES**

TIPS TO DECREASE INTENSITY =



**DECREASE THE RANGE OF MOTION  
FOR STRENGTH MOVEMENTS**



**DECREASE THE SPEED FOR  
CARDIO EXERCISES**



**MOTIVATION IS WHAT  
GETS YOU STARTED.**

**HABIT IS WHAT KEEPS  
YOU GOING.**

—JIM RYUN

# BEGINNER

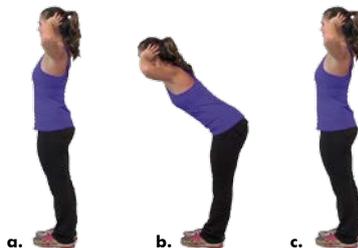
WEEKS 1–3

DAY	01	STRENGTH: LOWER	PAGE 12
DAY	02	CARDIO + ABS	PAGE 14
DAY	03	STRENGTH: UPPER	PAGE 16
DAY	04	CARDIO + ABS	PAGE 18

## Hip Hinge

(1–3 sets x 10–15 reps)

- Stand straight with abs tight, place hands behind head.
- Keep back straight and abs tight, hinge forward 45-degrees.
- Return to starting position. Repeat for given reps.



## Quarter Squat

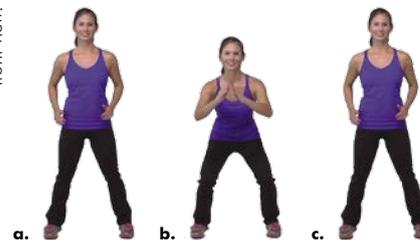
(1–3 sets x 10–15 reps)

- Stand with abs tight, feet slightly wider than hip width, arms at sides and back straight.
- Lower body 1/4 distance to ground and keep knees from passing toes.
- Return to starting position. Repeat for given reps.

side view:



front view:



## Quarter Wall Sit

(1–3 sets x 20–40 seconds)

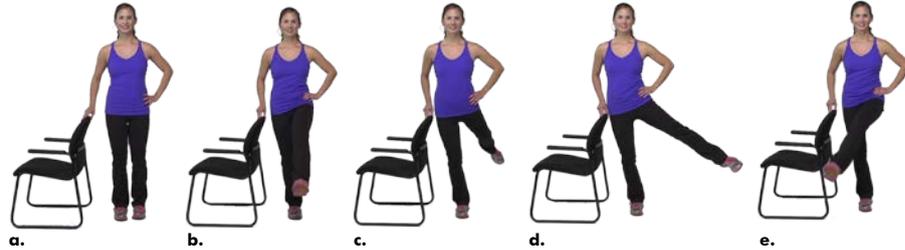
- Stand with abs tight, feet hip width apart or slightly wider and back against wall. Squat 1/4 distance to ground and hold, keeping abs tight and back against wall for entire duration.



## Assisted 4-Way Hip

(1–3 sets x 10–15 reps each direction each side)

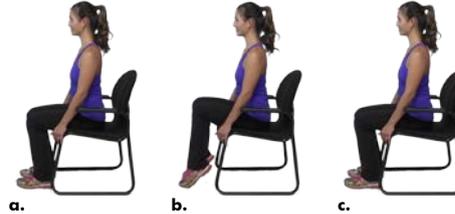
- Using a chair for balance, stand tall with abs tight.
- Swing leg forward with straight leg. Return to start position.
- Swing leg back, then return to start.
- Swing leg to side, then return to start.
- Swing leg across body, then return to start. Repeat all directions for given reps. Repeat on opposite side.



## Seated Calf Raise

(1–3 sets x 10–15 reps)

- Sit in chair with back straight and abs tight, feet on ground.
- Slowly lift both heels, pressing toes into ground.
- Return to start. Repeat for given reps.



## Body Weight Squat

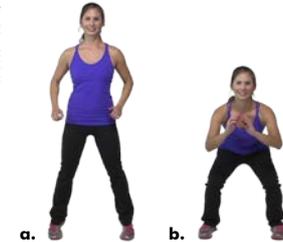
(1–3 sets x 10–15 reps)

- Stand straight with abs tight and feet hip width apart.
- Squat halfway to ground, keeping hips back (knees do not go further out than toes — like sitting in a chair).
- From squat position, push up through heels and return to start position. Repeat for given reps.

side view:



front view:

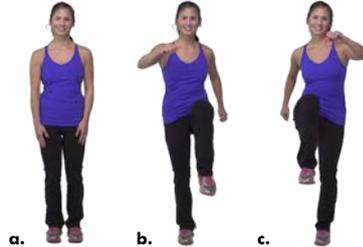


## Power March in Place

(1–3 sets x 20–40 seconds)

- Stand straight with abs tight, legs shoulder width apart and back straight.
- Pull knees toward chest and swing arms.
- Alternate knees, marching in place, keeping abs tight while pumping arms up and down. Continue for given time without stopping.

front view:



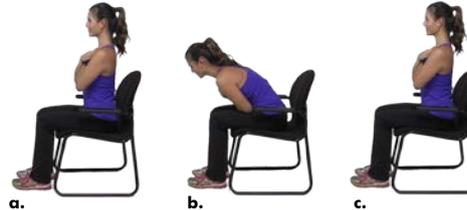
side view:



## Seated Crunch

(1–3 sets x 10–15 reps)

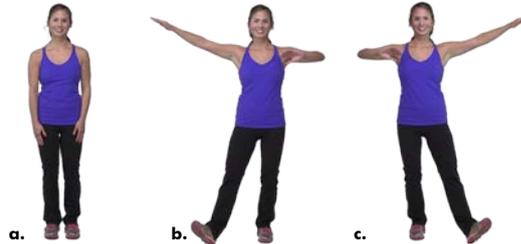
- Sit in chair with back straight, abs tight and arms crossed over chest.
- Exhale and crunch forward to 45-degrees, keeping abs tight and back flat.
- Inhale and slowly return to upright. Repeat for given reps.



## Modified Jumping Jack

(1–3 sets x 20–40 seconds)

- Stand straight with abs tight, back straight and arms by side.
- Extend leg to one side, tapping heel on floor while swinging arms in same direction.
- Return to start position and repeat on other side. Alternate from side to side at moderate pace for given time.



## HEALTHY TIDBIT

Health experts have determined that eating just **33 grams of whole grains per day** can help reduce your risk of heart disease.

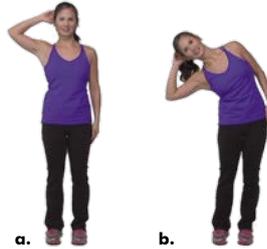
Lucky for us—this is the exact amount of grams in an average bowl of oatmeal.

Source: The Journal of American Medical Association

## Standing Side Bend

(1–3 sets x 10–15 reps each side)

- Stand straight with abs tight, feet parallel and right hand behind head.
- Bend to the side, take right elbow towards right hip. Return to start. Switch arms and repeat on left side for given reps.



## Power Walk Around Office

(3–5 minutes minimum)

- Power walk around the office, pumping arms up and down while keeping abs tight and back straight.
- Exaggerate the movement by lifting knees high as you move forward. Continue for given time.



## Seated Alternating Knee Lift

(1–3 sets x 10–15 reps)

- Sit in chair with back straight, abs tight, feet together and flat on the ground and hands to side.
- Slowly lift left knee towards chest, then lower back down.
- Lift right knee towards chest, then back down. Repeat, alternating sides and complete given reps for each side.

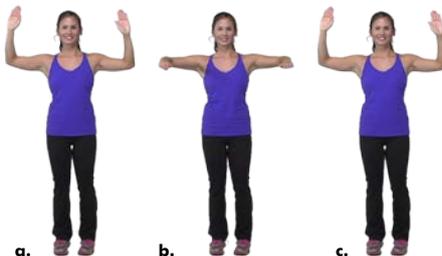


**90-90**

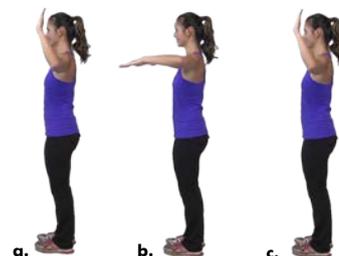
(1-3 sets x 10-15 reps)

- Stand straight with abs tight, feet parallel and arms bent 90-degrees with palms facing forward.
- Keep shoulders in place, slowly rotate palms toward floor, bringing forearms parallel to floor.
- Rotate back to starting position and repeat for given reps.

front view:



side view:

**Assisted Pushup**

(1-3 sets x 10-15 reps)

- Place hands on chair, shoulder width apart and feet back. Begin in plank position with straight arms and legs with flat back.
- Keep back flat as you bend arms to slowly lower body halfway down. Push back to start position. Abs stay tight. Repeat for given reps.

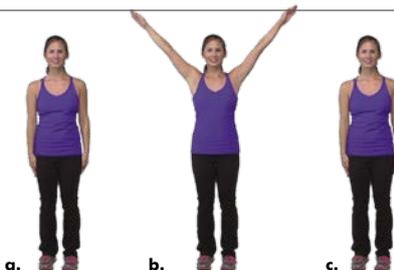
**MODIFIED POSITION:***Move feet in closer to chair, bend at waist, and press 1/4 way.*

modified:

**Y-Raise**

(1-3 sets x 10-15 reps)

- Stand straight with abs tight, feet parallel and arms by side.
- Keep arms straight as you slowly raise overhead to "Y" position.
- Slowly lower arms back to start position. Repeat for given reps.



## Quarter Chair Dip

(1–3 sets x 10–15 reps)

- Facing away from chair, place hands shoulder width apart on chair, keeping legs straight, heels on ground and toes pointed up.
- Bending elbow, lower 1/4 way down, keeping back straight and abs tight.
- Press back to start position. Repeat for given reps.



## Full Range Shoulder Circuit

(1–3 sets x 10–15 reps)

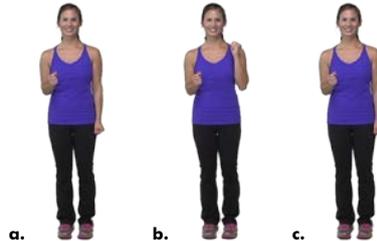
- Stand straight with abs tight, feet parallel and arms by side.
- Slowly lift arms in front of body until parallel with ground, then lower back to start position.
- Raise arms to a “V” shape angle, then lower.
- Raise arms to side until parallel with ground, then lower. Repeat entire sequence for given reps.



## Hammer Curl with Isometric Hold

(1–3 sets x 10–15 reps each side)

- Stand straight with abs tight, feet parallel and right arm bent at 90-degrees, left arm straight.
- Hold right arm at 90-degrees while curling left arm to left shoulder.
- Return left arm to start position and repeat for given reps on left side, then repeat on right side for given reps.



## Standing Leg Curl

(1–3 sets x 20–40 seconds)

- Stand straight holding back of chair for balance.
- With a straight back and tight abs, bring left foot toward glutes.
- Lower to starting position.
- Repeat on right side. Continue for given time.



a.



b.



c.



d.

## Seated Crunch

(1–3 sets x 10–15 reps)

- Sit in chair with back straight, abs tight and arms crossed over chest.
- Exhale and crunch forward to 45-degrees, keeping abs tight and back flat.
- Inhale and slowly return to upright. Repeat for given reps.



a.



b.



c.

## Seated Twinkle Toes

(1–3 sets x 20–40 seconds)

- Sit in chair with feet shoulder width apart and feet flat on ground, leaning slightly forward.
- Lift one foot, return to ground.
- Lift other foot, return to ground. Continue alternating feet for given time.



a.



b.



c.

## HEALTHY TIDBIT

### 2 Minutes

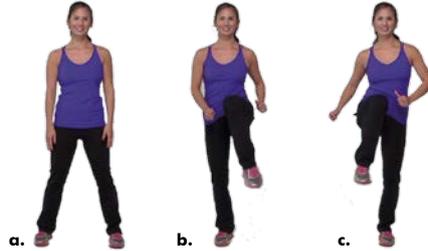
Adding this much activity (think about going for a stroll around the building or doing a few jumping jacks at your desk) every hour at work may substantially help lower your risk of death.

Source:  
Clinical Journal of the  
American Society of  
Nephrology

## Wide Knee March

(1–3 sets x 20–40 seconds)

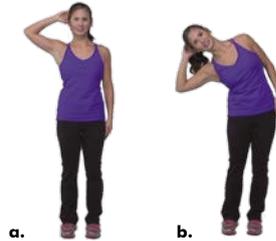
- Stand straight with feet slightly wider than shoulder width.
- Begin marching wide, keeping knees high and swing arms as you march.
- Continue marching in place for given time, keeping abs tight while alternating knees and pumping arms.



## Standing Side Bend

(1–3 sets x 10–15 reps each side)

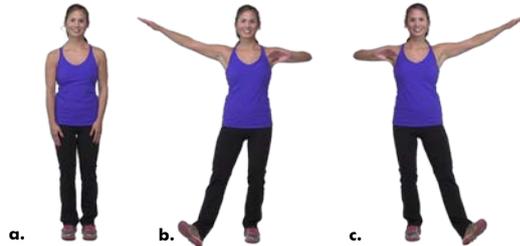
- Stand straight with abs tight, feet parallel and right hand behind head.
- Keep abs tight and bend to the side, taking right elbow towards right hip. Return to start. Switch arms and repeat on left side for given reps.



## Modified Jumping Jack

(1–3 sets x 20–40 seconds)

- Stand straight with abs tight, back straight and arms by side.
- Extend leg to one side, tapping heel on floor while swinging arms in same direction.
- Return to start position and repeat on other side. Alternate from side to side at moderate pace for given time.



### YOU MADE IT! What's next?

- ▶ If you are completing week 1, repeat this series two more times.
- ▶ If you are completing week 2, repeat this series one more time.
- ▶ If you are completing week 3, continue to the next page for weeks 4-6.

## **BEGINNER WORKOUT, WEEKS 4–6**

Kudos to you for completing the first three weeks of the Beginner Workout. As you progress, you'll see that we've added weights for some of the exercises.

For demonstration purposes, we used water bottles as they're easy to hold, something you most likely have on hand (because we know you're staying hydrated!) and can be accessed at the office, when traveling and in most places where you're likely to exercise.

Keep in mind you can use anything you have on hand to add weight—a stapler, tape dispenser, book... whatever you have at your fingertips. Just make sure you can easily hold onto the object.

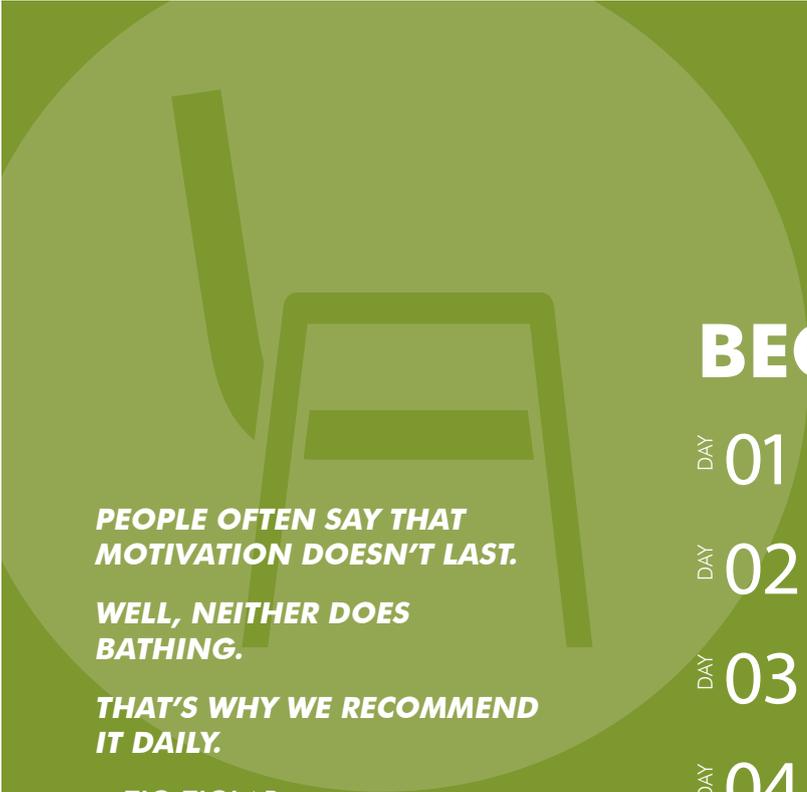
WAYS TO ADD WEIGHT =

**||| STAPLER, BOOK,  
OR WATER BOTTLE**

REMEMBER:



**DRINK WATER &  
STAY HYDRATED**



**PEOPLE OFTEN SAY THAT  
MOTIVATION DOESN'T LAST.**

**WELL, NEITHER DOES  
BATHING.**

**THAT'S WHY WE RECOMMEND  
IT DAILY.**

**—ZIG ZIGLAR**

# BEGINNER

**WEEKS 4–6**

DAY	<b>01</b>	STRENGTH: LOWER	PAGE 22
DAY	<b>02</b>	CARDIO + ABS	PAGE 24
DAY	<b>03</b>	STRENGTH: UPPER	PAGE 26
DAY	<b>04</b>	CARDIO + ABS	PAGE 28

## Good Morning

(1-3 sets x 10-15 reps)

- Stand straight with abs tight, legs shoulder width apart, back tight and hands behind head.
- Keep abs tight and back flat, bending forward to 90-degrees.
- Slowly return to start position. Repeat for given reps.



## Chair Sit and Stand

(1-3 sets x 10-15 reps)

- Stand straight with abs tight, legs shoulder width apart, back tight and arms by side.
- Keep back flat and slowly lower into deep squat until glutes touch the chair.
- Keep abs tight and return to start position. Repeat for given reps.



## Quarter Split Squat

(1-3 sets x 10-15 reps each side)

- Stand with back straight, abs tight and right leg behind body.
- Keep back leg straight and slowly bend front knee, lowering 1/4 distance to ground and keeping knee from passing toes.
- Return to start position. Repeat on same side for given reps, then switch sides.



## HEALTHY TIDBIT

### Is multitasking bad?

Instead of carrying all your groceries in one trip, why not add a few extra trips to the car.

That way, you will be able to sneak in more steps and burn a few extra calories.

## Seated Calf Raise

(1–3 sets x 10–15 reps)

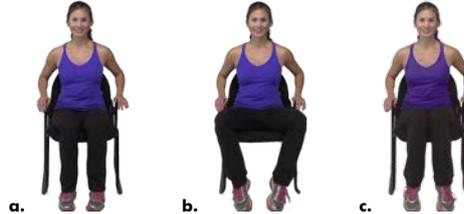
- Sit in chair with back straight, abs tight, feet together and flat on ground.
- Slowly lift both heels while pressing toes into ground.
- Return to start position. Repeat for given reps.



## Seated Hip Adduction

(1–3 sets x 10–15 reps)

- Sit in chair with back straight, abs tight, feet together and flat on ground.
- Bring both knees out to side, wider than shoulders.
- Bring knees together and hold for 1 second. Repeat for given reps.



## Standing Hip Extension

(1–3 sets x 10–15 reps each side)

- Hold chair for balance with right hand and bring left knee up.
- Keep abs tight and back straight while bending forward slightly, kicking left leg back.
- Return left foot to ground, then repeat on same side for given reps, then switch to opposite side.



**BONUS ROUND!**  
Add one more...

## Reverse Lunge

(1–3 sets x 10–15 reps)

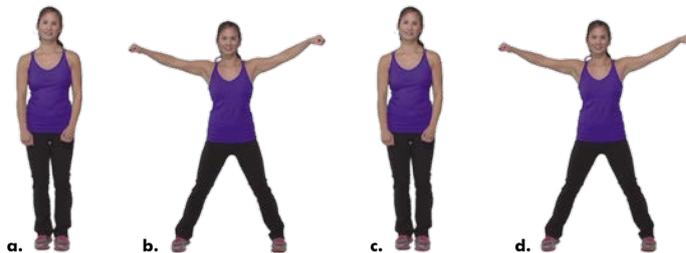
Page 53



## Side Step

(1-3 sets x 20-40 seconds)

- Stand straight, abs tight and arms by side.
- Take a wide step to right side, bringing arms up.
- Step right foot back to left, arms down.
- Repeat on left side. Continue stepping side to side for given time.



## Seated Bicycle Crunch

(1-3 sets x 10-15 reps)

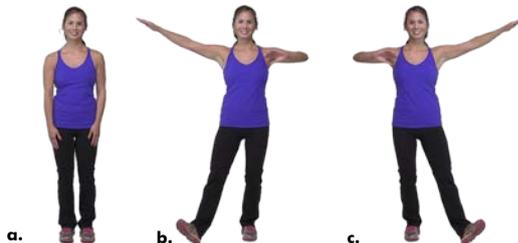
- Sit in chair with back straight, abs tight, feet together and flat on the ground and hands behind head.
- Keep abs tight, twisting shoulders to left side, lifting left knee to elbow.
- Return to center, twisting to right side and lifting right knee. Repeat on each side for given reps.



## Modified Jumping Jack

(1-3 sets x 20-40 seconds)

- Stand straight, abs tight and arms by side.
- Extend leg to one side, tapping heel on floor while swinging arms in same direction.
- Return to start position and repeat on other side. Alternate from side to side at moderate pace for given time.



## HEALTHY TIDBIT

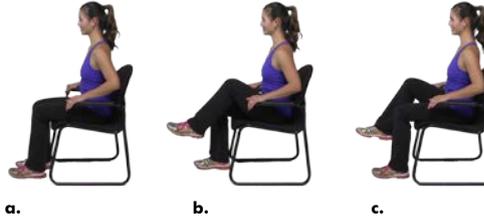
8:00 p.m.

The best time to work out if you are a night owl. Research shows that this is when your athleticism is at its highest. If you are an early bird, your peak time is closer to noon.

## Seated Alternating Knee Lift

(1–3 sets x 10–15 reps)

- Sit in chair with back straight, abs tight, feet together and flat on the ground and hands to side.
- Slowly lift left knee towards chest, then lower back down.
- Lift right knee towards chest, then back down. Repeat, alternating sides and complete given reps for each side.



## Assisted Mountain Climber

(1–3 sets x 20–40 seconds)

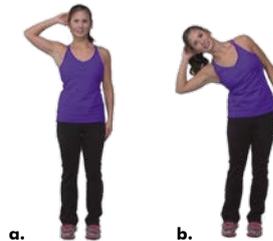
- Begin in plank position, hands on chair, back straight, abs tight and toes on ground.
- Lift left knee towards chest, keeping abs tight and back flat.
- Lower foot to ground and repeat on right side. Continue alternating sides for given time.



## Standing Side Bend

(1–3 sets x 10–15 reps each side)

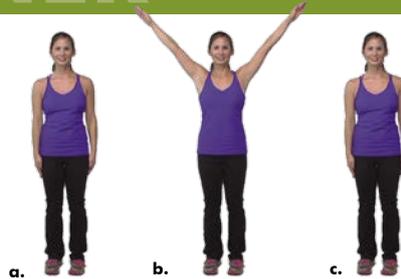
- Stand straight with abs tight, feet parallel and right hand behind head.
- Bend to the side, taking right elbow towards right hip. Return to start. Switch arms and repeat on left side for given reps.



## Y-Raise

(1-3 sets x 10-15 reps)

- Stand straight with abs tight, feet parallel and arms by side.
- Keep arms straight as you slowly raise overhead to "Y" position.
- Slowly lower arms back to start position. Repeat for given reps.



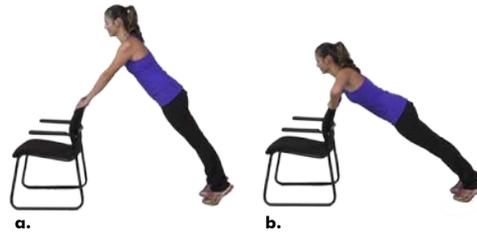
## Wide Grip Assisted Pushup

(1-3 sets x 10-15 reps)

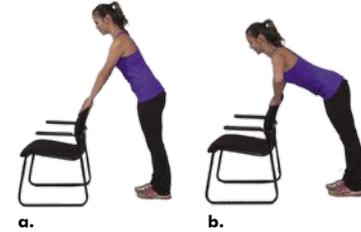
- Place hands on chair, shoulder width apart and feet back. Begin in plank position with straight arms and legs with flat back.
- Keep back flat as you bend arms to slowly lower body halfway down. Push back to start position. Abs stay tight. Repeat for given reps.

### MODIFIED POSITION:

Move feet in closer to chair, bend at waist, and press 1/4 way down.



modified:



## Half Chair Dip

(1-3 sets x 10-15 reps)

- Facing away from chair, place hands shoulder width apart on chair, keeping legs straight, heels on ground and toes pointed up.
- Bending elbows, lower 1/2 way down, keeping back straight and abs tight.
- Press back to start position. Repeat for given reps.



## Seated Back Extension

(1–3 sets x 10–15 reps)

- Sit in chair with back straight, abs tight, feet together and flat on ground.
- Bend forward to 45-degrees, keeping back straight.
- Slowly return to start position. Repeat for given reps.



## Seated Reverse Fly

(1–3 sets x 10–15 reps)

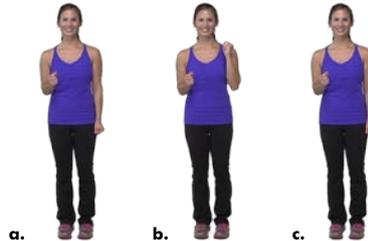
- Sit in chair, leaning forward 45-degrees. Have arms straight and palms facing each other.
- Keep abs tight and back straight. With a slight bend in the elbow, slowly raise arms out to side, squeezing shoulder blades at the top.
- Return to start position and repeat for given reps.



## Hammer Curl with Isometric Hold

(1–3 sets x 10–15 reps each side)

- Stand with feet parallel, abs tight, right arm bent at 90-degrees, left arm straight.
- Hold right arm at 90-degrees while curling left arm to left shoulder.
- Return left arm to start position and repeat for given reps on left side, then repeat on right side for given reps.



**BONUS ROUND!**  
Add one more...

**Squat and Press**

(1–3 sets x 10–15 reps)

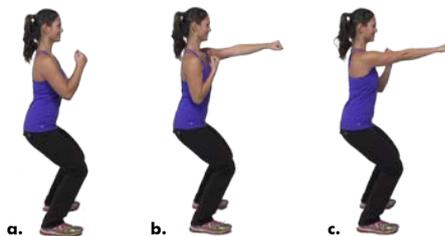
Page 58



## Half-Sit with Air Punch

(1-3 sets x 20-40 seconds)

- Stand with feet hip width or slightly wider, keeping back straight. Lower 45-degrees to a half squat (keep knees from passing toes).
- Keep back straight and arms bent in towards chest while alternating punches out, then in.
- Continue to alternate punches for given time while maintaining squat position.



## Seated Bicycle Crunch

(1-3 sets x 10-15 reps)

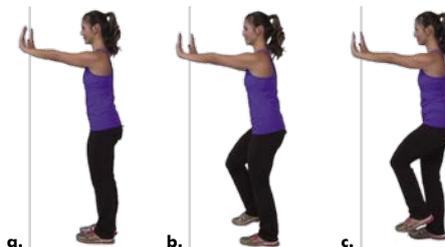
- Sit in chair with back straight, abs tight, feet together and flat on the ground and hands behind head.
- Keep abs tight, twisting shoulders to left side, lifting left knee to elbow.
- Return to center, twisting to right side and lifting right knee. Repeat on each side for given reps.



## Standing Quick Feet with Wall

(1-3 sets x 20-40 seconds)

- Stand facing wall, leaning slightly forward with hands on wall.
- Keeping abs tight and back flat, begin to lifting one foot and then the other in a stationary, light run.
- Keep abs tight and hands on wall for support, continuing in light run for given time.



## HEALTHY TIDBIT

### Treats in the break room too tempting?

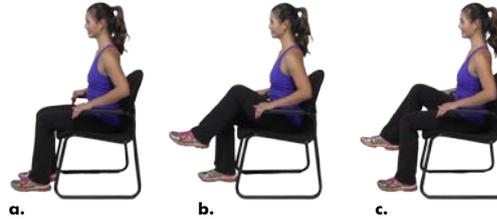
To not give in to those oh so yummy treats, try distracting yourself for 30 seconds. Cravings are fueled by tempting images stored in the brain.

Focusing on something else can interrupt those visions. Try staring at a blank wall or tapping your toe for 30 seconds.

## Seated Alternating Knee Lift

(1–3 sets x 10–15 reps)

- Sit in chair with back straight, abs tight, feet together and flat on the ground and hands to side.
- Slowly lift left knee towards chest, then lower back down.
- Lift right knee towards chest, then back down. Repeat, alternating sides and complete given reps for each side.



## Power Walk Around Office

(3–5 minutes minimum)

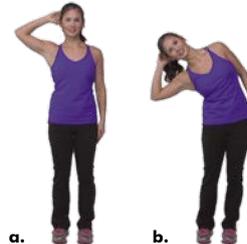
- Power walk around the office, pumping arms up and down while keeping abs tight and back straight.
- Exaggerate the movement by lifting knees high as you move forward. Continue for given time.



## Standing Side Bend

(1–3 sets x 10–15 reps each side)

- Stand straight with abs tight, feet parallel and right hand behind head.
- Keep abs tight and bend to the side, taking right elbow towards right hip. Return to start. Switch arms and repeat on left side for given reps.



### YOU MADE IT! What's next?

- ▶ If you are completing week 4, repeat this series two more times.
- ▶ If you are completing week 5, repeat this series one more time.
- ▶ If you are completing week 6, continue to the next series or repeat this entire series again!

## WELCOME TO THE INTERMEDIATE SERIES, WEEKS 1–3.

A few things to keep in mind before beginning the workout routines:



Some of the exercises will use a chair. Make sure the chair you are using does not have wheels. If it does, lean it against a wall or stable surface so it does not slide. If a sturdy chair is not available, we recommend that you use a sturdy desk, table or bench. For demo purposes, we will be using a chair.



Don't forget to hydrate with water every 10–15 minutes during the workouts, especially on cardio days!



Remember to reference our website at **[www.GetFitSitCox.com](http://www.GetFitSitCox.com)** for demonstration videos of any of these exercises.

### TIPS TO INCREASE INTENSITY =



**SLOW DOWN THE  
STRENGTH MOVEMENTS**



**SPEED UP THE  
CARDIO EXERCISES**

### TIPS TO DECREASE INTENSITY =



**DECREASE THE RANGE OF MOTION  
FOR STRENGTH MOVEMENTS**



**DECREASE THE SPEED FOR  
CARDIO EXERCISES**

A stylized, dark blue icon of a chair is positioned on the left side of the page, partially overlapping a large, light blue circular graphic. The chair has a simple, modern design with a rectangular seat and a slightly curved backrest.

***DON'T BE AFRAID TO  
GO OUT ON A LIMB.***

***THAT'S WHERE THE  
FRUIT IS.***

—H. JACKSON BROWNE

# INTERMEDIATE

WEEKS 1–3

DAY 01

STRENGTH: TOTAL

PAGE 32

DAY 02

CARDIO + ABS

PAGE 34

DAY 03

STRENGTH: UPPER

PAGE 36

DAY 04

CARDIO + ABS

PAGE 38

DAY 05

STRENGTH: LOWER

PAGE 40

## Body Weight Squat with Calf Raise

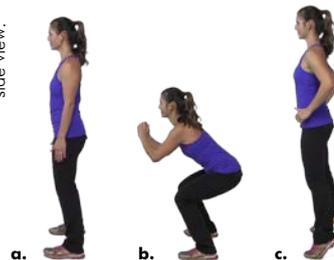
(2-3 sets x 10-15 reps)

- Stand straight with abs tight and feet slightly wider than hip width.
- Keep back straight and squat halfway to ground, keeping hips back (knees do not go further out than toes - like sitting in a chair).
- From squat position, push up through heels and lift up to toes (raising heels) into calf raise. Return to start. Repeat for given reps.

front view:



side view:



## Wide Grip Incline Pushup

(2-3 sets x 10-15 reps)

- Begin in plank position with hands on chair (shoulder width or wider). Lift up on toes bringing heels off the ground.
- Slowly lower upper body halfway down, keeping abs tight and back straight.
- Return to start position and repeat for given reps.



a.



b.



c.

## Lateral Squat

(2-3 sets x 10-15 reps each side)

- Stand straight with abs tight and feet together.
- Step wide to the right and come down into a squat. Keep abs tight, back straight and knees from passing toes.
- Push off right foot and return to start position.
- Repeat on left side. That's one rep. Continue for given reps.

front view:



a.

b.

c.

d.

side view:



a.

b.

## Seated Back Extension

(2–3 sets x 10–15 reps)

- Sit in chair with back straight, abs tight, feet together and flat on ground and hands behind head.
- Bend forward to 45-degrees, keeping back straight.
- Slowly return to start position. Repeat for given reps.



## Sumo Squat

(2–3 sets x 10–15 reps)

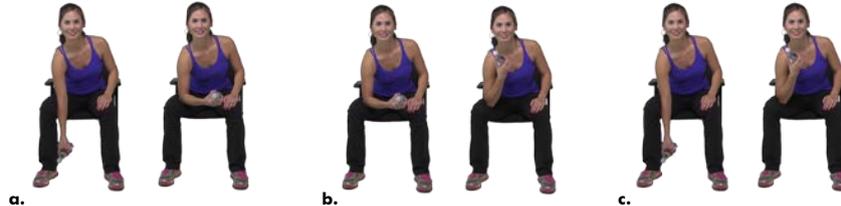
- Stand straight with abs tight and feet slightly wider than shoulder width.
- Squat low until thighs and hips are parallel to ground, keeping hips back and knees from passing toes (like sitting in a chair).
- Push up through heels to return to start position. Repeat for given reps.



## Concentration Curl 21

(2–3 sets x 21 reps total)

- Use water bottle (or other item) for weight. Sit in chair, leaning forward with right elbow inside right knee, weight in right hand, arm straight. Curl arm halfway up, then return to start. Repeat for 7 reps.
- From the halfway position, curl arm to shoulder, then return to halfway. Repeat for 7 reps.
- From bottom of curl, curl fully to top. Return to start. Repeat for 7 reps.



## Assisted Mountain Climber

(2-3 sets x 30-50 seconds)

- Begin in plank position, hands on chair, back straight, abs tight and toes on ground.
- Lift left knee towards chest, keeping abs tight and back flat.
- Lower foot to ground and repeat on right side. Continue alternating sides for given time.



## Chair Plank

(2-3 sets x 30-50 seconds)

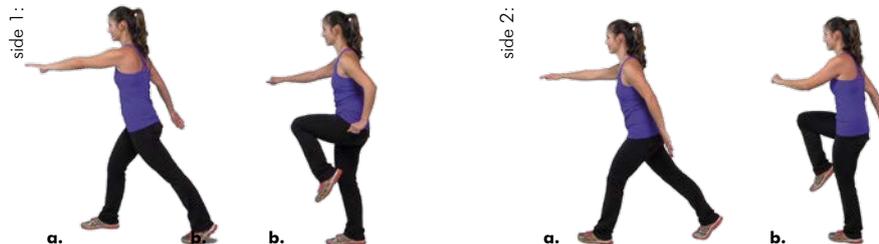
- Begin in plank position with hands shoulder width apart on chair and lift heels off ground. Keep arms and back straight, abs tight. Continue to breathe and hold for given time.



## Static Runner

(2-3 sets x 30-50 seconds)

- Begin in staggered stance with right leg and left arm forward, and left leg and right arm back.
- Pull left knee toward chest, keeping back straight and abs tight. Return to start position and continue same motion at moderate pace for given time. Repeat on opposite side.



## Seated In and Out

(2–3 sets x 10–15 reps)

- Sit in chair with back straight, abs tight, leaning back 45-degrees with legs extended straight out.
- Pull both knees toward chest, keeping abs tight.
- Return to start position and repeat for given reps.



## Butt Kick

(2–3 sets x 30–50 seconds)

- Jog in place with an emphasis on bringing heels to butt.
- Alternate arms up and down with feet to increase intensity.
- Continue jogging for given time.



## Torso Twist

(2–3 sets x 10–15 reps)

- Sit in chair with back straight, abs tight and arms extended in front of chest with hands in prayer position.
- Slowly rotate upper body to right, keeping palms together.
- Rotate back to center then to left side. Repeat, moving from side-to-side, completing given reps per side.



**BONUS ROUND!**  
Add one more...

**Power Walk  
Around Office**

(3–5  
minutes  
minimum)  
Page 29



## Incline Pushup

(2-3 sets x 10-15 reps)

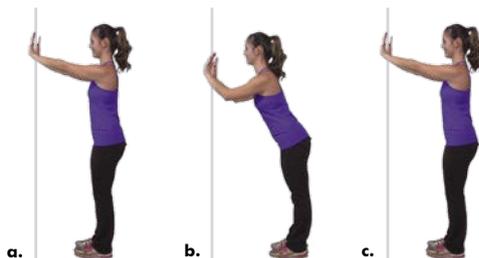
- Begin in plank position with hands on chair, shoulder width apart. Lift up on toes bringing heels off the ground.
- Slowly lower upper body halfway down, keeping abs tight and back straight.
- Return to start position and repeat for given reps.



## Wall Triceps Press

(2-3 sets x 10-15 reps)

- Stand straight with hands shoulder width apart, pressed against wall.
- Keeping elbows in, slowly lower halfway down to wall. Abs stay tight and back straight.
- Press back to starting position and repeat for given reps.



## Renegade Book Curl

(2-3 sets x 20 seconds each movement)

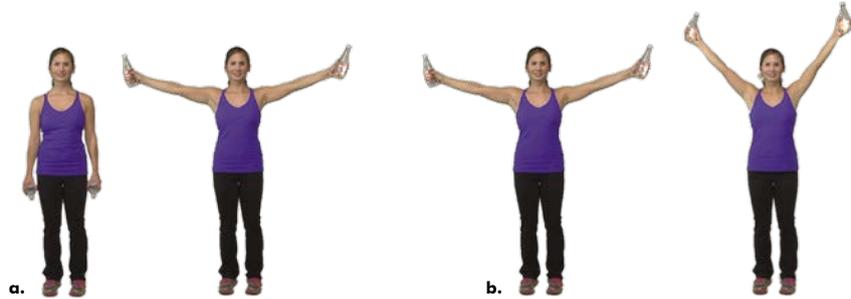
- Holding book or laptop, stand straight with slight bend in the knees, arms straight and elbows tight to body. Curl arms halfway up, then return to start. Repeat for 20 seconds.
- From the halfway position, curl arms to shoulder, then return to halfway. Repeat for 20 seconds.
- From bottom of curl, curl fully to top. Return to start. Repeat for 20 seconds.



## Side Raise Combo

with or without weights  
(2–3 sets x 15 seconds)

- Holding water bottle in each hand, stand straight with arms down. Keep arms straight and raise to side, just above shoulder height. Return to start and repeat for 15 seconds.
- Start with arms extended to side, just above shoulder width. Raise arms to “Y” position, then return to start position. Repeat for 15 seconds.



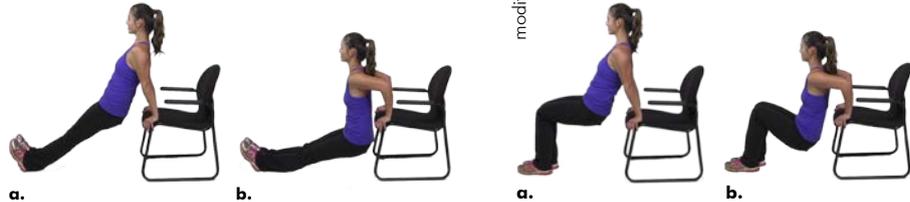
## Dip

(2–3 sets x 10–15 reps)

- Place hands on edge of chair and extend legs straight out, heels on ground, toes pointed up.
- Lower halfway down, keeping elbows pointed straight back, bringing arms to 45-degree angle. Press back to start position and repeat for given reps.

### MODIFIED POSITION:

*Bend legs so heels are directly under knees.*



## Standing Rear Deltoid Row

(2–3 sets x 10–15 reps)

- With weight in each hand, bend knees and hinge forward 45-degrees, keeping back straight and abs tight. Extend arms forward with palms facing in.
- In a rowing motion, bring hands to sides with elbows tight to body and pointed back.
- Return to start position. Repeat for given reps.



## Wall Sprint

(2-3 sets x 30-50 seconds)

- Stand straight, hands pressed against wall, shoulder width apart.
- Keeping hands on wall, jog in place while bringing knees up towards chest.
- Continue alternating knees at a sprint pace, keeping back straight and abs tight.



## Chair Plank

(2-3 sets x 30-50 seconds)

- Begin in plank position with hands shoulder width apart on chair and lift heels off ground. Keep arms and back straight, abs tight. Continue to breathe and hold for given time.



## Speed Squat

(2-3 sets x 30-50 seconds)

- Stand with back straight, abs tight, feet hip width or slight wider.
- Keep back straight and lower to squat position, bringing arms up.
- Return to start position. Repeat at moderate pace for given time.



## HEALTHY TIDBIT

### 15 days.

Drinking sugary beverages every day for just this long can significantly boost your risk factors for heart disease.

Source: American Journal of Clinical Nutrition

## Seated In and Out

(2–3 sets x 10–15 reps)

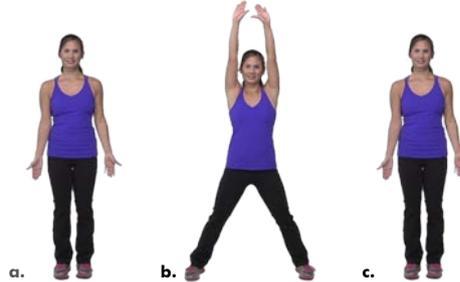
- Sit in chair with back straight and abs tight, leaning back 45-degrees with legs extended straight out.
- Pull both knees toward chest, keeping abs tight.
- Return to start position and repeat for given reps.



## Jumping Jack

(2–3 sets x 30–50 seconds)

- Stand straight with arms to the side, back straight and abs tight.
- Jump legs to side a little wider than shoulder width apart and raise arms overhead.
- Return to starting position. Continue jumping in and out for given time.



## Torso Twist

(2–3 sets x 10–15 reps)

- Sit in chair with back straight, abs tight and arms extended in front of chest with hands in prayer position.
- Slowly rotate upper body to right, keeping palms together.
- Rotate back to center then to left side. Repeat, moving from side-to-side, completing given reps per side.



**BONUS ROUND!**  
Add one more...

## Chair Sit and Stand

(2–3 sets x 10–15 reps)

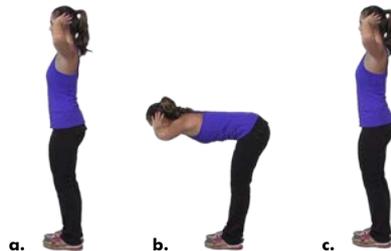
Page 22



## Good Morning

(2-3 sets x 10-15 reps)

- Stand straight with abs tight, legs shoulder width apart, back tight and hands behind head.
- Keep abs tight and back flat, bending forward to 90-degrees.
- Slowly return to start position. Repeat for given reps.



## Body Weight Squat

(2-3 sets x 10-15 reps)

- Stand straight with abs tight and feet hip width apart.
- Squat halfway to ground, keeping hips back (knees do not go further out than toes — like sitting in a chair).
- From squat position, push up through heels and return to start position. Repeat for given reps.

side view:



front view:



## Lunge

(2-3 sets x 10-15 each side)

- Stand straight with hands on hips.
- Take a big step forward with left foot, bending both knees in a lunge until front thigh is parallel to ground, keeping knee over toe.
- Push through left foot to return to start position. Continue on each side for given reps on left side. Repeat on right side.

front view:



side view:



## 4-Way Hip

(2–3 sets x 10–15 reps each side)

- Stand straight with abs tight and hands on hips for balance.
- Swing leg forward with straight leg. Return to start position.
- Swing leg back, then return to start.
- Swing leg to side, then return to start.
- Swing leg across body, then return to start. Repeat all directions for given reps.



## Seated Hip Adduction with 1-Second Pause

(1 set x 10–15 reps)

- Sit in chair with back straight, abs tight, feet together and flat on ground.
- Bring both knees out to side, wider than shoulders.
- Bring knees together and hold for 1 second. Repeat for given reps.



## Standing Hip Extension with Knee Raise

(2 sets x 10–15 reps each side)

- Hold chair for balance with right hand and bring left knee up.
- Keep abs tight and back straight while bending forward slightly, kicking left leg back.
- Return left foot to ground, then repeat on same side for given reps, then switch to opposite side.



**YOU MADE IT!**

### What's next?

- ▶ If you are completing week 1, repeat this series two more times.
- ▶ If you are completing week 2, repeat this series one more time.
- ▶ If you are completing week 3, continue to the next page for weeks 4-6.

## INTERMEDIATE WORKOUT, WEEKS 4–6

Kudos to you for completing the first three weeks of the Intermediate Workout. As you progress, you'll see that we've added weights for some of the exercises.

For demonstration purposes, we used water bottles as they're easy to hold, something you most likely have on hand (because we know you're staying hydrated!) and can be accessed at the office, when traveling and in most places where you're likely to exercise.

Keep in mind you can use anything you have on hand to add weight—a stapler, tape dispenser, book... whatever you have at your fingertips. Just make sure you can easily hold onto the object.

WAYS TO ADD WEIGHT =

**||| STAPLER, BOOK,  
OR WATER BOTTLE**

REMEMBER:



**DRINK WATER &  
STAY HYDRATED**

# INTERMEDIATE

WEEKS 4–6

DAY 01

STRENGTH: TOTAL

PAGE 44

DAY 02

CARDIO + ABS

PAGE 46

DAY 03

STRENGTH: UPPER

PAGE 48

DAY 04

CARDIO + ABS

PAGE 50

DAY 05

STRENGTH: LOWER

PAGE 52

DAY 06

CARDIO + ABS

PAGE 54

**HOW WILL THIS CHOICE  
AFFECT YOUR GOAL?**

—JILLIAN MICHAELS

## Reverse Lunge

(2-3 sets x 10-15 reps each side)

- Stand straight with hands on hips.
- Take a big step backwards with right foot, bending both knees into a lunge until front thigh is parallel to ground, keeping knee behind toe. Keep back straight and abs tight.
- Push through right foot to return to start position. Continue for given reps on right side. Repeat on left side.



## Incline Pushup

(2-3 sets x 10-15 reps)

- Begin in plank position with hands on chair, shoulder width apart. Lift up on toes bringing heels off the ground.
- Slowly lower upper body halfway down, keeping abs tight and back straight.
- Return to start position and repeat for given reps.



## Renegade Book Curl

(2-3 sets x 20 seconds each movement)

- Holding book or laptop, stand straight with slight bend in the knees, arms straight and elbows tight to body. Curl arms halfway up, then return to start. Repeat for 20 seconds.
- From the halfway position, curl arms to shoulder, then return to halfway. Repeat for 20 seconds.
- From bottom of curl, curl fully to top. Return to start. Repeat for 20 seconds.



## Seated Hip Bridge

(2–3 sets x 10–15 reps)

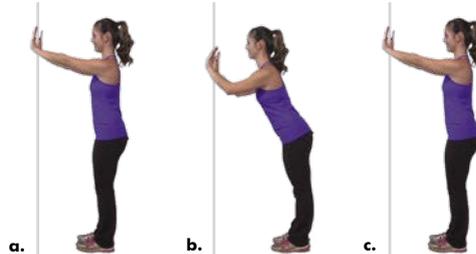
- Sit on the edge of chair and lean upper back into the back of chair, feet flat on ground and gaze forward.
- Slowly lift hips until in line with abs. Keep back straight and abs tight.
- Lower to start position. Repeat for given reps.



## Wall Triceps Press

(2–3 sets x 10–15 reps)

- Stand straight with hands shoulder width apart, pressed against wall.
- Keeping elbows in, slowly lower halfway down to wall. Abs stay tight and back straight.
- Press back to starting position and repeat for given reps.



## Seated Reverse Fly

(2–3 sets x 10–15 reps)

- Sit in chair, leaning forward 45-degrees. Have arms straight and palms facing each other.
- Keep abs tight and back straight. With a slight bend in the elbow, slowly raise arms out to side, squeezing shoulder blades at the top.
- Return to start position and repeat for given reps.



### BONUS ROUND!

Add one more...

### Squat and Press

(2–3 sets x 10–15 reps)

Page 58



## High Knees

(2-3 sets x 30-50 seconds)

- Stand in a stationary jogging position with back straight, abs tight and arms by side.
- Keeping a moderate pace, alternate pulling knees up towards chest with a slight arm swing, jogging in place.
- Continue alternating knees, keeping back straight and abs tight, for given time.



## Standing Side Bend with Weight

(2-3 sets x 10-15 reps each side)

- Stand straight with abs tight, feet parallel, right hand behind head with weight in left hand.
- Keep abs tight and bend to the side, taking right elbow towards right hip. Return to start. Switch arms and repeat on left side for given reps.



## Ice Skaters (Basic)

(2-3 sets x 30-50 seconds)

- Stand straight with abs tight and arms at side.
- At a jogging pace, take a small step to the left while bringing right knee up and across the body.
- Step right, bringing left knee up and across the body. Continue alternating side to side at jogging pace for given time.



## HEALTHY TIDBIT

### Cook with tea.

To add flavor without extra calories, turn to your favorite tea: Steep a bag in water and use that for boiling veggies, cooking grains or poaching chicken and fish. Just don't steep the tea bag for too long; the flavor can become bitter.

## Seated Bicycle Crunch

(2–3 sets x 10–15 reps)

- Sit in chair with back straight, abs tight, feet together and flat on the ground and hands behind head.
- Keep abs tight, twisting shoulders to left side, lifting left knee to elbow.
- Return to center, twisting to right side and lifting right knee. Repeat on each side for given reps.



## Butt Kick

(2–3 sets x 30–50 seconds)

- Jog in place with an emphasis on bringing heels to butt.
- Alternate arms up and down with feet to increase intensity.
- Continue jogging for given time.



## Chair Plank

(2–3 sets x 30–50 seconds)

- Begin in plank position with hands shoulder width apart on chair and lift heels off ground. Keep arms and back straight, abs tight. Continue to breathe and hold for given time.



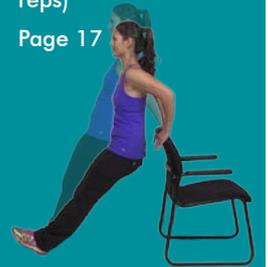
### BONUS ROUND!

Add one more...

### Quarter Chair Dip

(2–3 sets x 10–15 reps)

Page 17

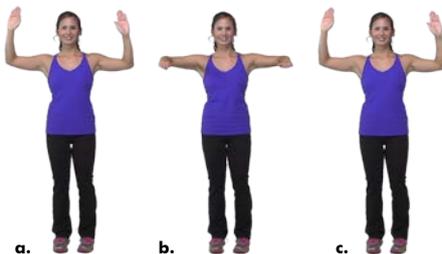


**90-90**

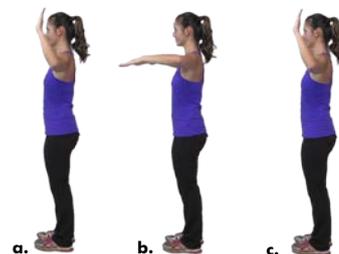
(2-3 sets x 10-15 reps)

- Stand straight with abs tight, feet parallel and arms bent 90-degrees with palms facing forward.
- Keeping shoulders in place, slowly rotate palms toward floor, bringing forearms parallel to floor.
- Rotate back to starting position and repeat for given reps.

front view:



side view:

**Close Grip Incline Pushup**

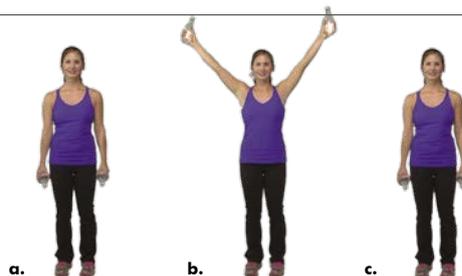
(2-3 sets x 10-15 reps)

- Begin in plank position with hands on chair, narrower than shoulder apart. Lift up on toes bringing heels off the ground.
- Slowly lower upper body halfway down, keeping abs tight, back straight and elbows close to body.
- Return to start position and repeat for given reps.

**Y-Raise with Weight**

(2-3 sets x 10-15 reps)

- Holding water bottle in each hand for weight, stand straight with abs tight, feet parallel and arms by side.
- Keep arms straight as you slowly raise overhead to "Y" position.
- Slowly lower arms back to start position. Repeat for given reps.



## Full Range Shoulder Circuit

(2–3 sets x 10–15 reps)

- Stand straight with abs tight, feet parallel and arms by side.
  - Slowly lift arms in front of body until parallel with ground, then lower back to start position.
  - Raise arms to a “V” shape angle, then lower.
  - Raise arms to side until parallel with ground, then lower.
- Repeat entire sequence for given reps.



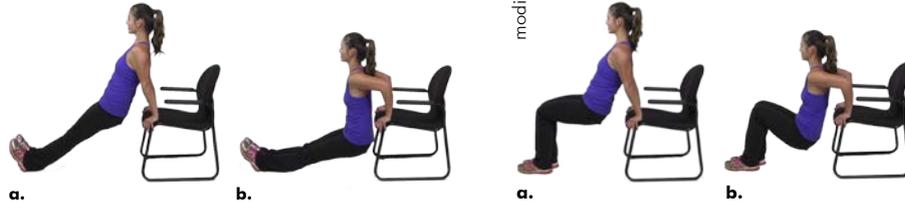
## Dip

(2–3 sets x 10–15 reps)

- Place hands on edge of chair and extend legs straight out, heels on ground, toes pointed up.
- Lower halfway down, keeping elbows pointed straight back, bringing arms to 45-degree angle. Press back to start position and repeat for given reps.

### MODIFIED POSITION:

*Bend legs so heels are directly under knees.*



## Seated Back Extension with Isometric Hold

(2–3 sets x 10–15 reps)

- Sit in chair with back straight, abs tight and arms to side with 45-degree bend in elbows. Fingertips facing forward.
- Bend forward to 45-degrees, keeping back straight. Hold for one second.
- Slowly return to start position. Repeat for given reps.



## Assisted Mountain Climber

(2-3 sets x 30-50 seconds)

- Begin in plank position, hands on chair, back straight, abs tight and toes on ground.
- Lift left knee towards chest, keeping abs tight and back flat.
- Lower foot to ground and repeat on right side.  
Continue alternating sides for given time.



## Seated Russian Twist

(2-3 sets x 20-25 reps)

- Sit with back straight, abs tight, hands in front of chest and lean back slightly.
- Slowly rotate upper body to left, keeping abs tight.
- Rotate back to center then to right side. Repeat, moving from side-to-side, completing given reps.



## Quick Feet

(2-3 sets x 30-50 seconds)

- Begin with feet shoulder width apart and lean slightly forward, keeping hips back.
- Keeping abs tight and back flat, rapidly alternate lifting feet as if running in place.
- Keep abs tight and continue in light run for given time.



## HEALTHY TIDBIT

When you feel temptation coming on, ask yourself, **Am I really hungry?**

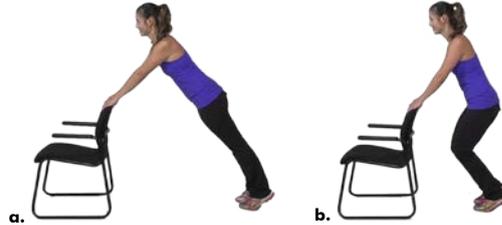
If the answer is no, think about what would help you feel better in the next 10 minutes. Turn on your favorite music. Get some fresh air.

Switching gears when you find yourself struggling will help keep you honest.

## Assisted Half Burpee

(2–3 sets x 10–15 reps)

- Begin in plank position, feet together, hands on top of chair.
- Keep feet together, jump forward landing on your toes with knees bent.
- Jump feet in to start position, then continue jumping in and out of plank position for given reps, keeping abs tight and back straight.



## Seated Bicycle Crunch

(2–3 sets x 10–15 reps)

- Sit in chair with back straight, abs tight, feet together and flat on the ground and hands behind head.
- Keep abs tight, twisting shoulders to left side, lifting left knee to elbow.
- Return to center, twisting to right side and lifting right knee. Repeat on each side for given reps.



## Chair Plank

(2–3 sets x 30–50 seconds)

- Begin in plank position with hands shoulder width apart on chair and lift heels off ground. Keep arms and back straight, abs tight. Continue to breathe and hold for given time.



## Bonus Round!

Add one more...

## Power Walk Around Office

(3–5 minutes minimum)  
Page 29



## Leg Swing

(2-3 sets x 10-15 reps)

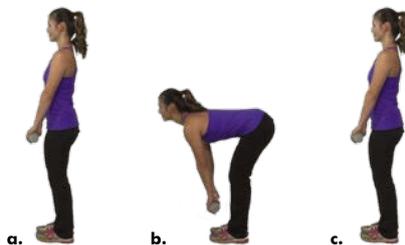
- Stand beside chair, placing hand on chair for balance.
- Swing outer leg back with control, keeping abs tight and squeezing glutes.
- With control, swing leg forward. Continue to swing leg back and forward with control for given reps, then switch sides and repeat.



## Straight Leg Dead Lift

(2-3 sets x 10-15 reps)

- Stand straight with feet a little narrower than shoulder width apart, holding a weight in each hand.
- With a slight bend in knees, slowly bend forward from waist to 90-degrees. Keep back straight and abs tight.
- Return to start position and repeat for given reps.



## Split Squat

(2-3 sets x 10-15 reps each side)

- Begin in lunge position with one foot forward and other leg extended back, toes on seat of chair.
- Keep back straight and abs tight, bending front knee to lower half way to ground (keeping front knee from going past toes).
- Push through heel to return to start position. Continue on same side for given reps, then switch sides and repeat.



## Lateral Lunge

(2–3 sets x 10–15 reps)

- Begin in standing position.
- Step wide out to right side, shifting weight to right side and bending right knee while keeping left leg straight. Keep chest lifted, hips back and abs tight.
- Push off right heel to return to start position. Repeat on left side. Continue for given reps.



## Single Leg Hip Extension

(2–3 sets x 10–15 reps)

- Begin in plank position with feet together and hands on chair.
- Slowly raise right leg above ground while squeezing butt, keeping back straight and abs tight.
- Lower leg to start position and repeat for given reps on each side.



## Reverse Lunge

(2–3 sets x 10–15 reps each side)

- Stand straight with hands on hips.
- Take a big step backwards with right foot, bending both knees into a lunge until front thigh is parallel to ground, keeping knee behind toe. Keep back straight and abs tight.
- Push through right foot to return to start position. Continue for given reps on right side. Repeat on left side.



## Jump Squat

(2-3 sets x 10-15 reps)

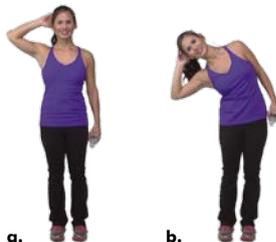
- Squat low until thighs and hips are parallel to ground, keeping hips back and knees from passing toes (like sitting in a chair).
- Pushing up through heels, jump straight up until feet come off the ground.
- As feet touch ground, return to bottom of squat in start position, then repeat for given reps.



## Standing Side Bend with Weight

(2-3 sets x 10-15 reps each side)

- Stand straight with abs tight, feet parallel and right hand behind head with weight in left hand.
- Keep abs tight and bend to the side, taking right elbow towards right hip. Return to start. Switch arms and repeat on left side for given reps.



## Quick Feet

(2-3 sets x 30-50 seconds)

- Begin with feet shoulder width apart and lean slightly forward, keeping hips back.
- Keeping abs tight and back flat, rapidly alternate lifting feet as if running in place.
- Keep abs tight and continue in light run for given time.



## HEALTHY TIDBIT

**3,000.**

The number of calories (along with 229 grams of fat!) the average person consumes in one Thanksgiving meal.

## Seated Russian Twist

(2–3 sets x 20–25 reps)

- Sit with back straight, abs tight, hands in front of chest and lean back slightly.
- Slowly rotate upper body to left, keeping abs tight.
- Rotate back to center then to right side. Repeat, moving from side-to-side, completing given reps per side.



## Jumping Jack

(2–3 sets x 30–50 seconds)

- Stand straight with arms to the side, back straight and abs tight.
- Jump legs to side a little wider than shoulder width apart and raise arms overhead.
- Return to starting position. Continue jumping in and out for given time.



## Chair Plank

(2–3 sets x 30–50 seconds)

- Begin in plank position with hands shoulder width apart on chair and lift heels off ground. Keep arms and back straight, abs tight. Continue to breathe and hold for given time.



**YOU MADE IT!**

### What's next?

- ▶ If you are completing week 4, repeat this series two more times.
- ▶ If you are completing week 5, repeat this series one more time.
- ▶ If you are completing week 6, continue to the next series or repeat this entire series again!

## WELCOME TO THE ADVANCED SERIES, WEEKS 1–3.

A few things to keep in mind before beginning the workout routines:



Some of the exercises will use a chair. Make sure the chair you are using does not have wheels. If it does, lean it against a wall or stable surface so it does not slide. If a sturdy chair is not available, we recommend that you use a sturdy desk, table or bench. For demo purposes, we will be using a chair.



Don't forget to hydrate with water every 10–15 minutes during the workouts, especially on cardio days!



Remember to reference our website at [www.GetFitSitCox.com](http://www.GetFitSitCox.com) for demonstration videos of any of these exercises.

TIPS TO INCREASE INTENSITY =



**SLOW DOWN THE  
STRENGTH MOVEMENTS**



**SPEED UP THE  
CARDIO EXERCISES**

TIPS TO DECREASE INTENSITY =



**DECREASE THE RANGE OF MOTION  
FOR STRENGTH MOVEMENTS**



**DECREASE THE SPEED FOR  
CARDIO EXERCISES**

# ADVANCED

WEEKS 1–3

DAY	01	STRENGTH: TOTAL	PAGE 58
DAY	02	CARDIO + ABS	PAGE 60
DAY	03	STRENGTH: TOTAL	PAGE 62
DAY	04	CARDIO + ABS	PAGE 64
DAY	05	STRENGTH: TOTAL	PAGE 66
DAY	06	CARDIO + ABS	PAGE 68

**EXERCISE SHOULD BE  
REGARDED AS TRIBUTE  
TO THE HEART.**

—GENE TUNNEY

## Squat and Press

(2-3 sets x 10-15 reps)

- Stand straight with feet slightly wider than hip width, arms holding weights at shoulder height.
- Squat low until thighs and hips are parallel to ground. Keep hips back and knees from passing toes (like sitting in a chair), arms at shoulder height.
- Push up through heels to return to start position while pushing arms overhead. Repeat for given reps.

front view:



side view:



## Incline Pushup

(2-3 sets x 10-15 reps)

- Begin in plank position with hands on chair, shoulder width apart. Lift up on toes bringing heels off the ground.
- Slowly lower upper body halfway down, keeping abs tight and back straight.
- Return to start position and repeat for given reps.



## Body Weight Squat with Calf Raise

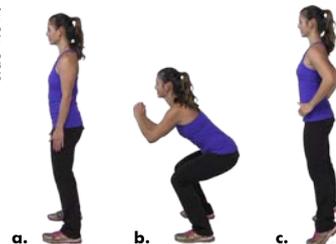
(2-3 sets x 10-15 each) \*for speed

- Stand straight with abs tight and feet slightly wider than hip width.
- Keep back straight and squat halfway to ground, keeping hips back (knees do not go further out than toes - like sitting in a chair).
- From squat position, push up through heels and lift up to toes (raising heels) into calf raise. Return to start. Repeat for given reps.

front view:



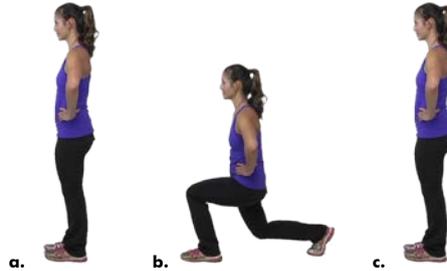
side view:



## Reverse Lunge

(2–3 sets x 10–15 reps each side)

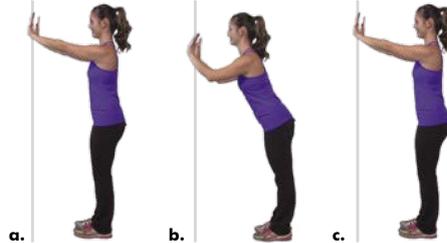
- Stand straight with hands on hips.
- Take a big step backwards with right foot, bending both knees into a lunge until front thigh is parallel to ground, keeping knee behind toe. Keep back straight and abs tight.
- Push through right foot to return to start position. Continue for given reps on right side. Repeat on left side.



## Wall Triceps Press

(2–3 sets x 10–15 reps)

- Stand straight with hands shoulder width apart, pressed against wall.
- Keeping elbows in, slowly lower halfway down to wall. Abs stay tight and back straight.
- Press back to starting position and repeat for given reps.



## 4-Way Hip

(2–3 sets x 10–15 reps each leg)

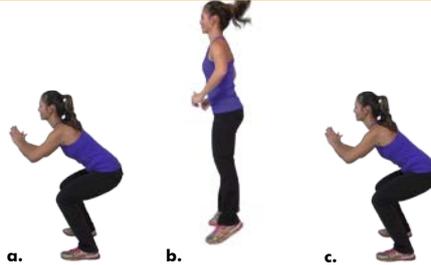
- Stand straight with abs tight and hands on hips for balance.
- Swing leg forward with straight leg. Return to start position.
- Swing leg back, then return to start.
- Swing leg to side, then return to start.
- Swing leg across body, then return to start. Repeat all directions for given reps.



## Jump Squat

(2-3 sets x 10-15 reps)

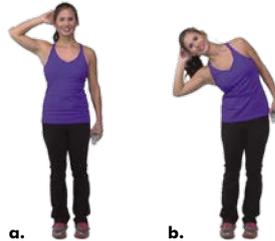
- Squat low until thighs and hips are parallel to ground, keeping hips back and knees from passing toes (like sitting in a chair).
- Pushing up through heels, jump straight up until feet come off the ground.
- As feet touch ground, return to bottom of squat in start position, then repeat for given reps.



## Standing Side Bend with Weight

(2-3 sets x 10-15 reps each side)

- Stand straight with abs tight, feet parallel and right hand behind head with weight in left hand.
- Keep abs tight and bend to the side, taking right elbow towards right hip. Return to start. Switch arms and repeat on left side for given reps.



## High Knees

(2-3 sets x 40-60 seconds)

- Stand in a stationary jogging position with back straight, abs tight and arms by side.
- Keeping a moderate pace, alternate pulling knees up towards chest with a slight arm swing, jogging in place.
- Continue alternating knees, keeping back straight and abs tight, for given time.



## HEALTHY TIDBIT

### Too much couch time?

Are you spending too much time on the couch? A new study in *Diabetologica* found that for every extra hour of TV we watch a day, our risk of diabetes goes up by 3.4%. Still need to get your TV fix? Open your Guidebook and knock out a few exercises while watching your favorite show.

## Seated In and Out

(2–3 sets x 10–15 reps)

- Sit in chair with back straight and abs tight, leaning back 45-degrees with legs extended straight out.
- Pull both knees toward chest, keeping abs tight.
- Return to start position and repeat for given reps.



## Chair Plank

(2–3 sets x 40–60 seconds)

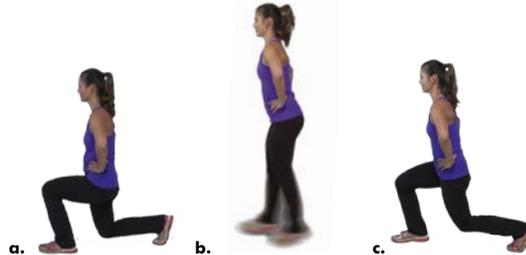
- Begin in plank position with hands shoulder width apart on chair and lift heels off ground. Keep arms and back straight, abs tight. Continue to breathe and hold for given time.



## Jumping Lunge

(2–3 sets x 10–15 reps)

- Start with hands on hips in a lunge position—left foot forward, right foot back.
- Quickly jump off the floor while switching foot positions.
- Land softly on the ground (like a cat) with right foot forward and left foot back. Continue jumping and alternating legs for given time.



## Bonus Round!

Add one more...

## Quick Feet

(2–3 sets x  
40–60 secs)

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## Dip

(2-3 sets x 10-15 reps)

- Place hands on edge of chair and extend legs straight out, heels on ground, toes pointed up.
- Lower halfway down, keeping elbows pointed straight back, bringing arms to 45-degree angle.
- Press back to start position and repeat for given reps.



a.



b.



c.

## Close Grip Incline Pushup with 1-Second Pause

(2-3 sets x 10-15 reps)

- Begin in plank position with hands on chair, narrower than shoulder apart. Lift up on toes bringing heels off the ground.
- Slowly lower upper body halfway down, keeping abs tight, back straight and elbows close to body.
- Return to start position and repeat for given reps.



a.



b.



c.

## Split Squat

(2-3 sets x 10-15 reps each side)

- Begin in lunge position with one foot forward and other leg extended back, toes on seat of chair.
- Keep back straight and abs tight, bending front knee to lower halfway to ground.
- Push through heel to return to start position. Continue on same side for given reps, then switch sides and repeat.



a.



b.



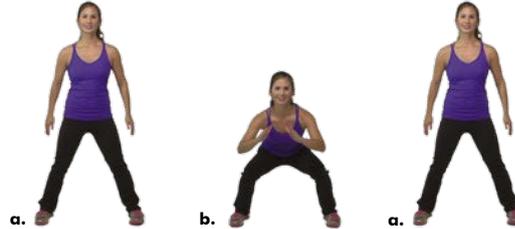
c.

## Sumo Squat

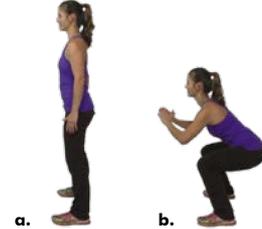
(2–3 sets x 10–15 reps)

- Stand straight with feet slightly wider than shoulder width, abs tight.
- Squat low until thighs and hips are parallel to ground, keeping hips back and knees from passing toes (like sitting in a chair).
- Push up through heels to return to start position. Repeat for given reps.

front view:



side view:



## Seated Back Extension with Isometric Hold

(2–3 sets x 10–15 reps)

- Sit in chair with back straight, abs tight and arms to side with 45-degree bend in elbows. Fingertips facing forward.
- Bend forward to 45-degrees, keeping back straight. Hold for one second.
- Slowly return to start position. Repeat for given reps.



## Seated Reverse Fly

(2–3 sets x 10–15 reps)

- Sit in chair, leaning forward 45-degrees. Have arms straight and palms facing each other.
- Keep abs tight and back straight. With a slight bend in the elbow, slowly raise arms out to side, squeezing shoulder blades at the top.
- Return to start position and repeat for given reps.



## Bonus Round!

Add one more...

## Squat and Press

(2–3 sets x 10–15 reps)

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## Assisted Burpee

(2-3 sets x 10-15 reps)

- Begin in plank position, feet together and hands on top of chair.
- Keep feet together, jumping back to straight leg plank position.
- Perform a push-up from this position keeping shoulder over hands.
- Jump feet to start position, then jump straight up with arms over head and return to start position upon landing. Repeat for given reps.



## Seated Bicycle Crunch

(2-3 sets x 10-15 reps)

- Sit in chair with back straight, abs tight, feet together and flat on the ground and hands behind head.
- Keep abs tight, twisting shoulders to left side, lifting left knee to elbow.
- Return to center, twisting to right side and lifting right knee. Repeat on each side for given reps.



## Seated Scissor Kick

(2-3 sets x 40-60 seconds)

- Sit in chair with back straight and abs tight, leaning back 45-degrees with legs extended straight out.
- Alternate kicking the right and left legs up and down while keeping the legs straight.
- Continue for given time.



## Torso Twist

(2–3 sets x 15–20 reps)

- Sit in chair with back straight, abs tight and arms extended in front of chest with hands in prayer position.
- Slowly rotate upper body to right, keeping palms together.
- Rotate back to center then to left side. Repeat, moving from side-to-side, completing given reps per side.



## Jumping Jack

(2–3 sets 40–60 seconds)

- Stand straight with arms to the side, back straight and abs tight.
- Jump legs to side a little wider than shoulder width apart and raise arms overhead.
- Return to starting position. Continue jumping in and out for given time.



## Butt Kick

(2–3 sets x 40–60 seconds)

- Jog in place with an emphasis on bringing heels to butt.
- Alternate arms up and down with feet to increase intensity.
- Continue jogging for given time.



**BONUS ROUND!**  
Add one more...

**Power Walk  
Around Office**

(3–5  
minutes  
minimum)

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## Squat and Press

(2-3 sets x 10-15 reps)

- Stand straight with feet slightly wider than hip width, arms holding weights at shoulder height.
- Squat low until thighs and hips are parallel to ground. Keep hips back and knees from passing toes (like sitting in a chair), arms at shoulder height.
- Push up through heels to return to start position while pushing arms overhead. Repeat for given reps.

front view:



side view:



## Incline Pushup

(2-3 sets x 10-15 reps)

- Begin in plank position with hands on chair, shoulder width apart. Lift up on toes bringing heels off the ground.
- Slowly lower upper body halfway down, keeping abs tight and back straight.
- Return to start position and repeat for given reps.



## Renegade Book Curl

(2 sets x 30 seconds each movement)

- Holding book or laptop, stand straight with slight bend in the knees, arms straight and elbows tight to body. Curl arms halfway up, then return to start. Repeat for 20 seconds.
- From the halfway position, curl arms to shoulder, then return to halfway. Repeat for 20 seconds.
- From bottom of curl, curl fully to top. Return to start. Repeat for 20 seconds.



## Lateral Lunge

(2–3 sets x 10–15 reps)

- Begin in standing position.
- Step wide out to right side, shifting weight to right side and bending right knee while keeping left leg straight. Keep chest lifted, hips back and abs tight.
- Push off right heel to return to start position. Repeat on left side. Continue for given reps.



## Single Leg Straight Leg Dead Lift

(2–3 sets x 10–15 reps each side)

- Stand straight with right leg slightly behind left, arms by side with weight in each hand.
- Hinge at hips, leaning forward and extending right leg back, parallel to ground and arms down to ground. Return to start position. Repeat on each side for given reps.



## Reverse Fly Row

(2–3 sets x 10–15 reps)

- With a weight in each hand, stand with knees slightly bent and lean forward 45-degrees, keeping abs tight, back straight and arms straight with palms facing.
- Keeping slight bend in elbows, slowly raise arms to side and squeeze shoulder blades together.
- Return to start position.
- With elbows by side, pull back and up (as high as you can). Hold, then return to start position and repeat for given reps.



**BONUS ROUND!**  
Add one more...

## Chair Sit and Stand

(2–3 sets x 10–15 reps)

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## Butt Kick

(2-3 sets x 40-60 seconds)

- Jog in place with an emphasis on bringing heels to butt.
- Alternate arms up and down with feet to increase intensity.
- Continue jogging for given time.



## Chair Plank

(2-3 sets x 40-60 seconds)

- Begin in plank position with hands shoulder width apart on chair and lift heels off ground. Keep arms and back straight, abs tight. Continue to breathe and hold for given time.



## Speed Squat

(2-3 sets x 40-60 seconds)

- Stand with back straight, abs tight, feet hip width or slight wider.
- Keep back straight and lower to squat position (keeping knees from going past toes) bringing arms up.
- Return to start position. Repeat at moderate pace for given time.



## HEALTHY TIDBIT

**Love your veggies.**

Bored with the same old salads and juices? It's time to get creative.

Get your pasta fix by adding yellow squash or zucchini into spiralizer, then sautéing the "noodles" lightly in olive oil. Just toss them with marinara sauce and you have a low-carb, high fiber dish.

## Seated In and Out

(2–3 sets x 10–15 reps)

- Sit in chair with back straight and abs tight, leaning back 45-degrees with legs extended straight out.
- Pull both knees toward chest, keeping abs tight.
- Return to start position and repeat for given reps.



## Seated Russian Twist

(2–3 sets x 25–30 reps)

- Sit with back straight, abs tight, hands in front of chest and lean back slightly.
- Slowly rotate upper body to left, keeping abs tight.
- Rotate back to center then to right side. Repeat, moving from side-to-side, completing given reps per side.



## Quick Feet

(2–3 sets x 40–60 seconds)

- Begin with feet shoulder width apart and lean slightly forward, keeping hips back.
- Keeping abs tight and back flat, rapidly alternate lifting feet as if running in place.
- Keep abs tight and continue in light run for given time.



### YOU MADE IT! What's next?

- ▶ If you are completing week 1, repeat this series two more times.
- ▶ If you are completing week 2, repeat this series one more time.
- ▶ If you are completing week 3, continue to the next page for weeks 4-6.

## ADVANCED WORKOUT, WEEKS 4–6

Kudos to you for completing the first three weeks of the Advanced Workout. As you progress, you'll see that we've added weights for some of the exercises.

For demonstration purposes, we used water bottles as they're easy to hold, something you most likely have on hand (because we know you're staying hydrated!) and can be accessed at the office, when traveling and in most places where you're likely to exercise.

Keep in mind you can use anything you have on hand to add weight—a stapler, tape dispenser, book...whatever you have at your fingertips. Just make sure you can easily hold onto the object.

WAYS TO ADD WEIGHT =

**||| STAPLER, BOOK,  
OR WATER BOTTLE**

REMEMBER:



**DRINK WATER &  
STAY HYDRATED**



**THINGS DO  
NOT HAPPEN.**

**THINGS ARE MADE  
TO HAPPEN.**

—JOHN F. KENNEDY

# ADVANCED

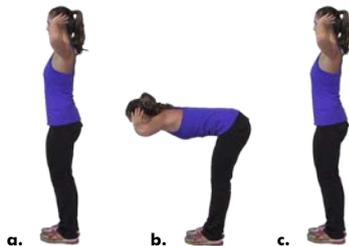
WEEKS 4–6

DAY	01	STRENGTH: TOTAL	PAGE 72
DAY	02	CARDIO + ABS	PAGE 74
DAY	03	STRENGTH: TOTAL	PAGE 76
DAY	04	CARDIO + ABS	PAGE 78
DAY	05	STRENGTH: TOTAL	PAGE 80
DAY	06	CARDIO + ABS	PAGE 82

## Good Morning with 1-Second Pause

(2-3 sets x 10-15 reps)

- Stand straight with abs tight, legs shoulder width apart, back tight and hands behind head.
- Bend forward 90-degrees while keeping abs tight and back flat. Pause for one second.
- Slowly return to start position. Repeat for given reps.



## Reverse Lunge and Press

(2-3 sets x 10-15 reps)

- Stand straight and hold weight at chest level.
- Take a big step back with left leg and bend both knees until right thigh is parallel to the ground (knee does not pass toes) while simultaneously pressing weight overhead. Back stays straight and abs tight.
- Step left foot back to start position and lower weight to chest level. Repeat on right to complete one repetition. Continue for given reps.



## Wall Sit w/Side Raise

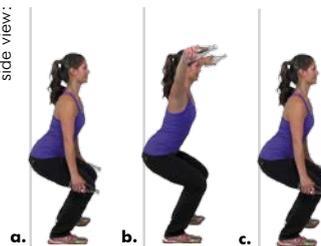
(2-3 sets x 10-15 reps)

- Assume wall sit position—squat low until thighs and hips are parallel to ground, keeping hips back and knees from passing toes—weights in each hand, arms to side.
- Keep arms straight and raise to side just above shoulder height while maintaining wall sit position.
- Stay in wall sit entire time as you return to start. Repeat for given reps.

front view:



side view:



## Diamond Incline Pushup

(2–3 sets x 10–15 reps)

- Hand position for this exercise is in shape of diamond—pointer fingers touching and thumbs touching.
- Assume a plank position with hands in diamond shape on chair.
- Slowly lower upper body half-way down, keeping back straight and abs tight. Return to start position and repeat for given reps.



## Concentration Curl 21

(2–3 sets x 21 reps total)

- Use water bottle (or other item) for weight. Sit in chair, leaning forward with right elbow inside right knee, weight in right hand, arm straight. Curl arm halfway up, then return to start. Repeat for 7 reps.
- From the halfway position, curl arm to shoulder, then return to halfway. Repeat for 7 reps.
- From bottom of curl, curl fully to top. Return to start. Repeat for 7 reps.



## Jump Squat

(2–3 sets x 10–15 reps)

- Squat low until thighs and hips are parallel to ground, keeping hips back and knees from passing toes (like sitting in a chair).
- Pushing up through heels, jump straight up until feet come off the ground.
- As feet touch ground, return to bottom of squat in start position, then repeat for given reps.



## Butt Kick

(2-3 sets x 40-60 seconds)

- Jog in place with an emphasis on bringing heels to butt.
- Alternate arms up and down with feet to increase intensity.
- Continue jogging for given time.



## Torso Twist

(2-3 sets x 15-20 reps)

- Sit in chair with back straight, abs tight and arms extended in front of chest with hands in prayer position.
- Slowly rotate upper body to right, keeping palms together.
- Rotate back to center then to left side. Repeat, moving from side-to-side, completing given reps per side.



## Side-to-Side Hop

(2-3 sets x 20-40 seconds)

- Stand with feet together, slight bend in the knees and arms bent at chest level. Back is straight and abs tight.
- At a moderate pace, begin hopping side-to-side, landing with both feet on ground.
- Continue for given time.



## HEALTHY TIDBIT

### 3-out-of-4

The portion of U.S. adults with a heart that is "older" than their chronological age. So keep exercising and that heart pumping!

## Seated In and Out

(2–3 sets x 10–15 reps)

- Sit in chair with back straight and abs tight, leaning back 45-degrees with legs extended straight out.
- Pull both knees toward chest, keeping abs tight.
- Return to start position and repeat for given reps.



## Forward and Backward Hop

(2–3 sets x 20–40 seconds)

- Stand with feet together, slight bend in the knees and arms bent at chest level. Back is straight and abs tight (keeping knees from going past toes)
- At moderate pace, begin hopping forward and back, landing with both feet on the ground.
- Continue for given time.



## Floating Chair

(2–3 sets x 10–15 reps)

- Begin seated with hands on arms of a sturdy chair.
- Press up until arms are straight and body is lifted off the chair keeping back straight and abs tight.
- Slowly lower down to start position. Repeat for given reps.



**BONUS ROUND!**  
Add one more...

## Chair Sit and Stand

(2–3 sets x 10–15 reps)

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## Squat and Push

(2-3 sets x 10-15 reps)

- Stand with feet hip width or slightly wider, holding a weight chest high in each hand.
- Keep back straight as you squat down halfway to the ground, extending arms in front of body.
- Slowly return to starting position and bring arms in. Repeat for given reps.



## Close Grip Incline Pushup with 1-Second Pause

(2-3 sets x 10-15 reps)

- Begin in plank position with hands on chair, narrower than shoulder apart. Lift up on toes bringing heels off the ground.
- Slowly lower upper body halfway down, keeping abs tight, back straight and elbows close to body.
- Return to start position and repeat for given reps.



## Pistol Squat

(2-3 sets x 10-15 reps each side)

- Begin by standing on left leg (knee slightly bent), holding top of chair support, with right leg extended about hip height.
- Lower into squat, making sure to not let knee pass toes.
- Slowly return to starting position. Repeat for given reps, then switch sides.

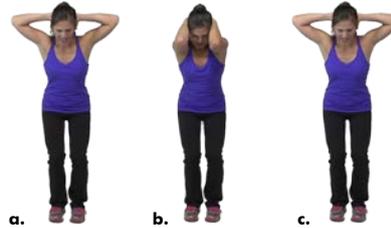


## Butterfly

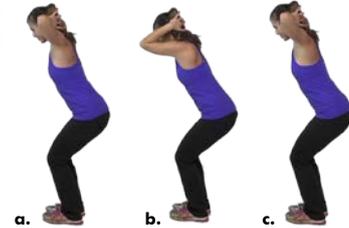
(2–3 sets x 10–15 reps)

- Keeping abs tight and back straight, hinge forward 45-degrees and keep knees from going past toes. Interlace fingers and place hands behind head, elbows pointing out.
- Looking down, slowly bring elbows in until almost touching.
- Return to starting position. Repeat for given reps.

front view:



side view:



## Single Leg Hip Extension

(2–3 sets x 10–15 reps each side)

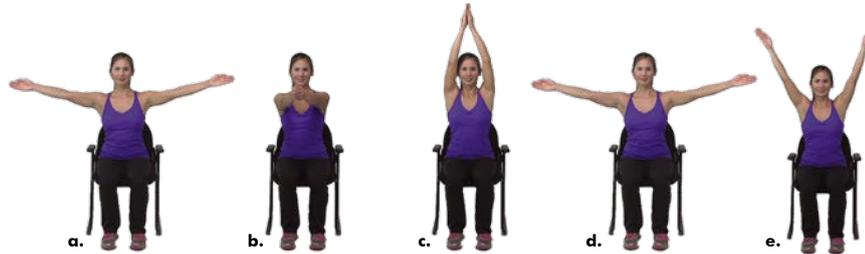
- Stand tall with feet together and abs tight, hands on hips.
- Slowly raise right leg (keeping it straight) while squeezing glutes.
- Lower leg down to starting position. Repeat for given reps, then switch sides.



## Shoulder Sleeper

(2–3 sets x 10–15 reps)

- Sit in chair and extend arms out to the side.
- Bring arms together in front until palms are touching.
- Return to start position. Bring arms overhead until palms touch. Return to start position and alternating bringing arms to front and above shoulders for given reps.
- Return to start position.
- Bring arms overhead to “Y” position, then back down. Repeat for given reps.



## Chair Mountain Climber

(2-3 sets x 40-60 seconds)

- Begin in plank position with hands shoulder width apart on chair and toes on ground.
- Alternate bringing knee to chest while keeping back straight and abs tight.
- Continue alternating knees at a moderate pace for given time.

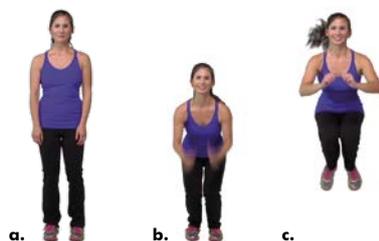


## Tuck Jump

(2-3 sets x 20-40 seconds)

- Stand tall with feet together and abs tight.
- Keeping knees together, lower down slightly and jump straight up with feet together, trying to bring knees to chest. Keep abs tight.
- Land with both feet together and make sure heels touch the ground before jumping again. Keep a brisk pace as you continue jumping up and down for given time.

front view:



side view:



## Speed Squat

(2-3 sets x 40-60 seconds)

- Stand with back straight, abs tight, feet hip width or slight wider.
- Keep back straight and lower to squat position, bringing arms up.
- Return to start position. Repeat at moderate pace for given time.



## Seated In and Out

(2–3 sets x 10–15 reps)

- a. Keep back straight and abs tight while leaning back 45-degrees with legs extended straight out.
- b. Pull both knees toward chest, keeping abs tight.
- c. Return to start position and repeat for given reps.



## Right Side Plank w/Hip Lift

(2–3 sets x 20–40 seconds)

- a. Lie on right side and place right hand on the ground with arm straight and legs extended to side.
- b. Keeping right arm straight, lift hips up as high as you can and hold.
- c. Lower hips back down and continue to raise and lower hips for given time.



## Left Side Plank w/Hip Lift

(2–3 sets x 20–40 seconds)

- a. Lie on left side and place left hand on the ground with arm straight and legs extended to side.
- b. Keeping left arm straight, lift hips up as high as you can and hold.
- c. Lower hips back down and continue to raise and lower hips for given time.



## Seated Back Rotation

(2-3 sets x 10-15 reps each side)

- Sit in chair with back straight, abs tight, feet flat on floor and hands behind head.
- Rotate to the right while keeping back straight and abs tight.
- Return to start position.
- Rotate to the left while keeping back straight and abs tight. Repeat alternating sides for given reps.



## Lateral Incline Pushup

(2-3 sets x 10-15 reps)

- Begin in plank position with hands on chair (shoulder width or wider). Lift up on toes bringing heels off the ground.
- Complete pushup while shifting to the right side on lower end of the movement.
- Return to start position.
- Repeat on left side. Repeat alternating sides for given reps.



## Pistol Squat

(2-3 sets x 10-15 reps each side)

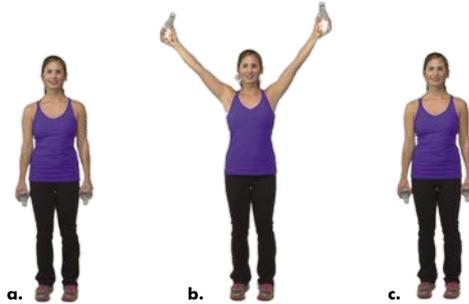
- Begin by standing on left leg (knee slightly bent), holding top of chair support, with right leg extended about hip height.
- Lower into squat, making sure to not let knee pass toes.
- Slowly return to starting position. Repeat for given reps, then switch sides.



## Y-Raise with Weight

(2–3 sets x 10–15 reps)

- Holding water bottle in each hand for weight, stand straight with abs tight, feet parallel and arms by side.
- Keep arms straight as you slowly raise overhead to “Y” position.
- Slowly lower arms back to start position. Repeat for given reps.



## Decline Pushup

(2–3 sets x 10–15 reps)

- With feet on seat of a chair and hands on the ground, assume a plank position keeping back straight and abs tight.
- Slowly lower halfway down, allowing elbows to bend.
- Return to start position. Repeat for given reps.



## Reverse High Fly

(2–3 sets x 10–15 reps)

- Sitting in a chair and holding a set of weights, hinge forward keeping your back straight and abs tight.
- Begin with the arms parallel to the ground and elbows bent.
- Slowly extend the arms forward a few inches and then pull them back to starting position. Focus on squeezing the shoulder blades together. Repeat for given reps.



## Butt Kick

(2-3 sets x 40-60 seconds)

- Jog in place with an emphasis on bringing heels to butt.
- Alternate arms up and down with feet to increase intensity.
- Continue jogging for given time.



## Torso Twist

(2-3 sets x 15-20 reps)

- Sit in chair with back straight, abs tight and arms extended in front of chest with hands in prayer position.
- Slowly rotate upper body to right, keeping palms together.
- Rotate back to center then to left side. Repeat, moving from side-to-side, completing given reps per side.



## High Knee

(2-3 sets x 40-60 seconds)

- Stand in a stationary jogging position with back straight, abs tight and arms by side.
- Keeping a moderate pace, alternate pulling knees up towards chest with a slight arm swing, jogging in place.
- Continue alternating knees, keeping back straight and abs tight, for given time.



## HEALTHY TIDBIT

### Buddy up.

People whose significant other started exercising were 40 percent more likely to take up working out than folks with an inactive partner.

## Seated Scissor Kick

(2–3 sets x 40–60 seconds)

- Sit in chair with back straight and abs tight, leaning back 45-degrees with legs extended straight out.
- Alternate kicking the right and left legs up and down while keeping the legs straight.
- Continue for given time.



## Quick Feet

(2–3 sets x 40–60 seconds)

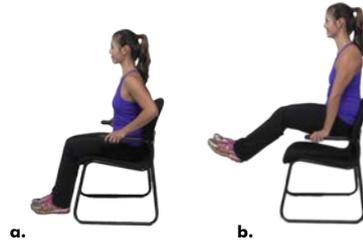
- Begin with feet shoulder width apart and lean slightly forward, keeping hips back.
- Keeping abs tight and back flat, rapidly alternate lifting feet as if running in place.
- Keep abs tight and continue in light run for given time.



## Floating Chair

(2–3 sets x 10–15 reps)

- Begin seated with hands on arms of a sturdy chair.
- Press up until arms are straight and body is lifted off the chair keeping back straight and abs tight.
- Slowly lower down to start position. Repeat for given reps.



### YOU MADE IT! What's next?

- ▶ If you are completing week 4, repeat this series two more times.
- ▶ If you are completing week 5, repeat this series one more time.
- ▶ If you are completing week 6, turn to page 84 and **KEEP GOING!**

# KEEP GOING!

## CONGRATULATIONS ON COMMITTING TO AND COMPLETING THE GET FIT WHERE YOU SIT PROGRAM!

Is it over? No way! The goal is to keep going and stay active.

You may be saying to yourself, "Now what?" Your options abound! You can:

### ▶ CONTINUE THE GET FIT WHERE YOU SIT PROGRAM

Evaluate your new fitness level. Pick your level and start over again. Choose a different level to start or increase the intensity of this program by adding weight, reps and speed to the various exercises to further push your limits.

### ▶ JOIN A GYM

Expand your options by joining a gym and try Group Fitness Classes, free weights or working one-on-one with a personal trainer. From cardio machines and strength training equipment to the various classes and program offerings, there's always something new to try.

### ▶ START A WALKING/RUNNING GROUP

Reach out to friends or fellow co-workers and plan to meet one, two, three times or more per week to walk, jog, run or all of the above. Having a commitment with others holds everyone accountable and is a great way to be social too!

No matter what you do, keep moving and stay active.

For every step you take, it's one step closer to your healthiest you!

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## NOTES

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## NOTES

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