

NIFS at home

5 Heart-Pumping Moves for Small Spaces

WHAT WE WILL NEED:

- A sturdy chair
- Clock or watch
- 2 paper plates or 2 small towels

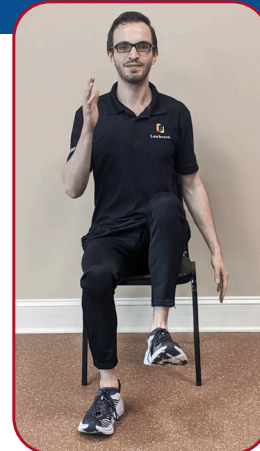
SAFETY FIRST!

Pinpoint a place in your home where you can have a sturdy chair and wall support. Be sure to clear the floor of any item that could be hazardous, that throw rug, cords, even Fluffy. If home alone, wear your emergency pendant or have a phone close by. Lace-up your tennis shoes and wear breathable clothing.

MOVE #1: SEATED MARCHING

1. Sit upright and forward in your chair
2. Lift your right knee while swinging your left arm forward, then lower
3. Lift your left knee while swinging your right arm forward. then lower
4. Continue marching alternating sides, increase the pace for 30 seconds

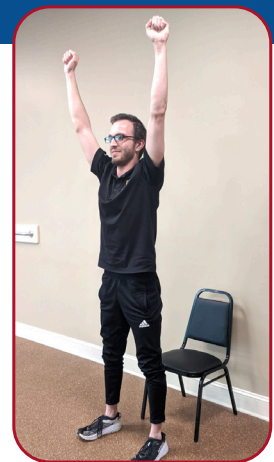
Progression: March standing or using an out and in or forward and back pattern.



MOVE #2: SQUATS WITH SHOULDER PRESS

1. Stand in front of the chair with feet hip distance apart or slightly wider, arms by your side
2. Lower your hips back and bend the knees as if sitting in a chair, bring weight into the heels, reach the arms down by your side
3. Stand upright again, reaching arms over head
4. Increase the pace, complete as many as you can in 30 seconds

Progression: Instead of reaching arms overhead, reach the arms out to the sides like the letter "T". Remember your knees should stay behind your toes.



MOVE #3: CROSS COUNTRY SKIS

1. Sitting upright and forward in the chair, place a paper plate (carpet floors) or small towel (hardwood floors) under each foot
2. Slide your right foot forward while the left hand reaches forward, return to center
3. Slide your left foot forward while the right hand reaches forward, return to center
4. Continue alternating slides, in a skiing fashion, increase your pace for 30 seconds



Progression: Keep medium pressure on the plate or towel so it does not slide out from under you. For more intensity, hold a light weight, 1-3 pounds, in each hand.

MOVE #4: SEATED JACKS

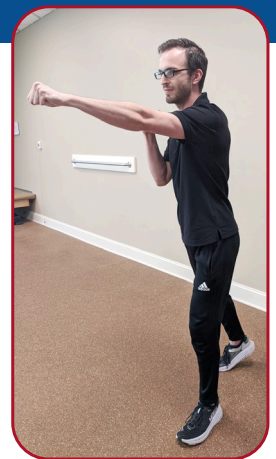
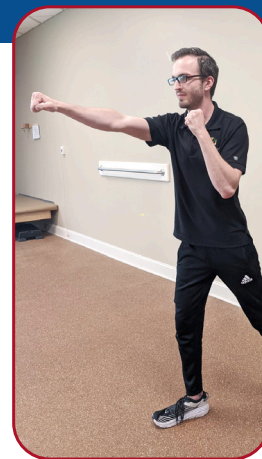
1. Sit upright and forward in the chair, place legs together and feet together
2. Abduct arms and legs as wide as possible, making an "X" with your body
3. Pull arms and legs tightly back together
4. Repeat, increase the pace, completing as many as you can in 30 seconds



Progression: Half jacks can be done seated or standing. Abducting one side at a time.

MOVE #5: JAB FORWARD AND TAP BACK

1. Stand tall on the side of or behind your chair, raise your fists towards your face (taking a boxing stance)
2. Powerfully extend the right arm forward, then bring back to face
3. Simultaneously tap the left foot behind you, then return to center
4. Alternating left and right sides, increase the pace for 30 seconds



Progression: All out shadow boxing using jabs, hooks, uppercuts, or bob and weave techniques.

For a 20-minute full heart-pumping circuit

Warm-up with seated marching for 5 minutes and flow through the moves 30 seconds at a time with a 30 second active recovery between each. Repeat circuit 3 times and don't forget to stretch!