



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

▶ **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

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** 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

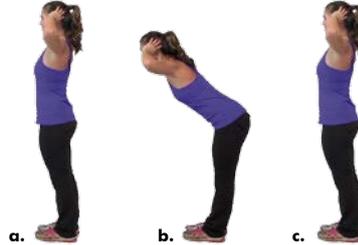
WEEKS 1–3

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.

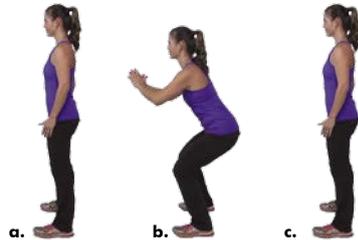


Quarter Squat

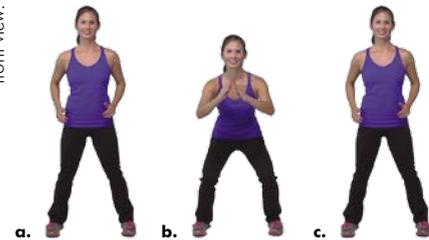
(1–3 sets x 10–15 reps)

- 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)

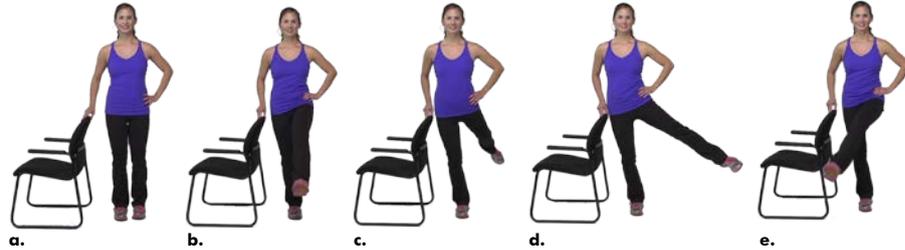
- Stand with abs tight, feet hip width apart or slightly wider and back against wall. Squat 1/4 distance to ground and hold, keeping abs tight and back against wall for entire duration.



Assisted 4-Way Hip

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

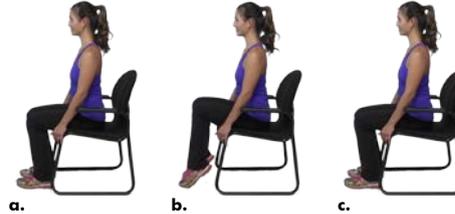
- Using a chair for balance, stand tall with abs tight.
- Swing leg forward with straight leg. Return to start position.
- Swing leg back, then return to start.
- Swing leg to side, then return to start.
- Swing leg across body, then return to start. Repeat all directions for given reps. Repeat on opposite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

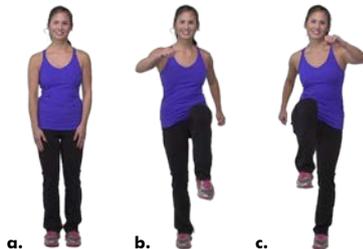


Power March in Place

(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.

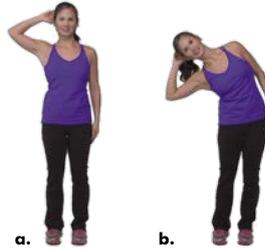
Lucky for us—this is the exact amount of grams in an average bowl of oatmeal.

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.

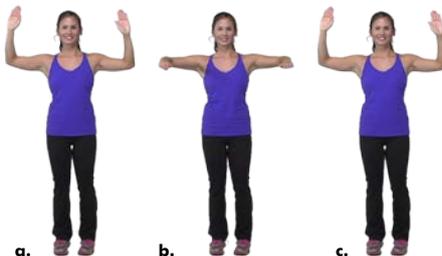


90-90

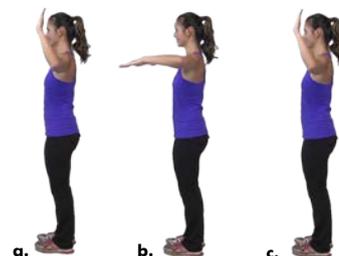
(1-3 sets x 10-15 reps)

- 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.

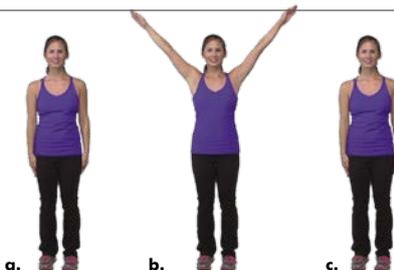
MODIFIED POSITION:*Move feet in closer to chair, bend at waist, and press 1/4 way.*

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)

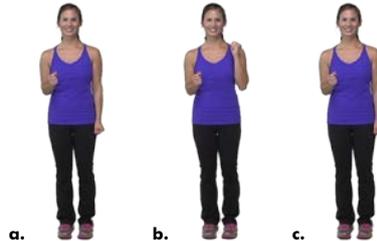
- Stand straight with abs tight, feet parallel and arms by side.
- Slowly lift arms in front of body until parallel with ground, then lower back to start position.
- Raise arms to a “V” shape angle, then lower.
- Raise arms to side until parallel with ground, then lower. Repeat entire sequence for given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

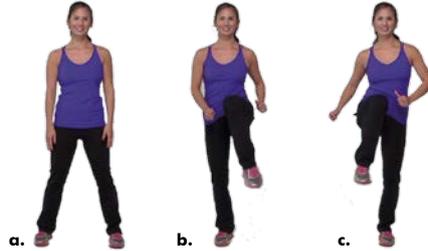
Adding this much activity (think about going for a stroll around the building or doing a few jumping jacks at your desk) every hour at work may substantially help lower your risk of death.

Source:
Clinical Journal of the
American Society of
Nephrology

Wide Knee March

(1–3 sets x 20–40 seconds)

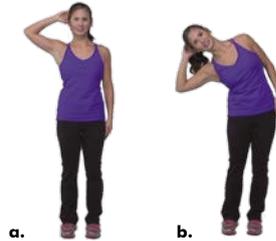
- Stand straight with feet slightly wider than shoulder width.
- Begin marching wide, keeping knees high and swing arms as you march.
- Continue marching in place for given time, keeping abs tight while alternating knees and pumping arms.



Standing Side Bend

(1–3 sets x 10–15 reps each side)

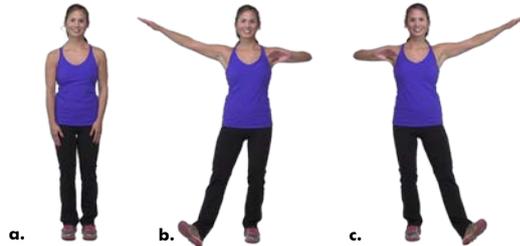
- Stand straight with abs tight, feet parallel and right hand behind head.
- Keep abs tight and bend to the side, taking right elbow towards right hip. Return to start. Switch arms and repeat on left side for given reps.



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.

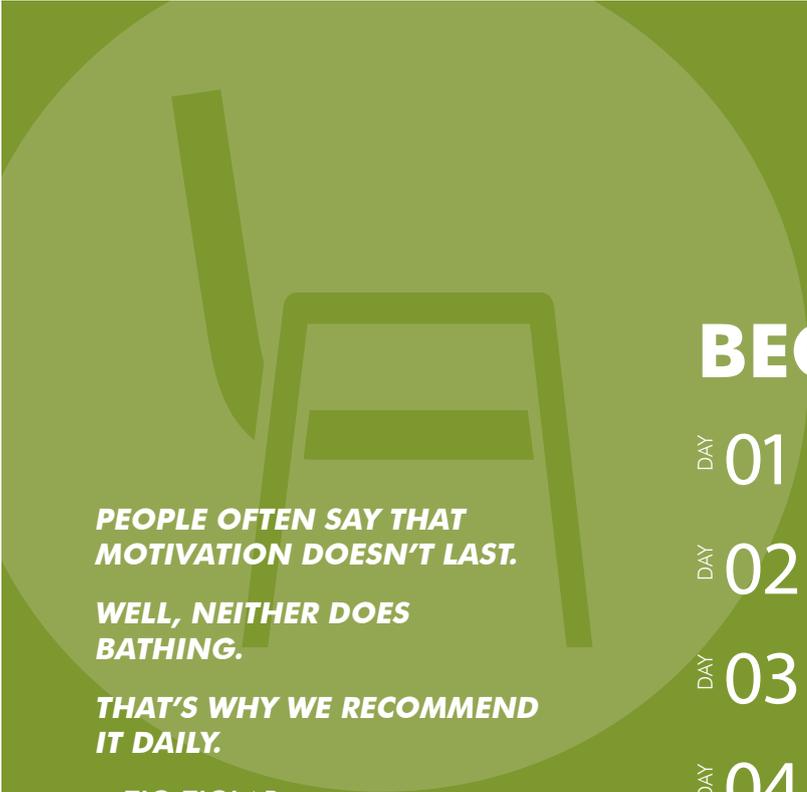
WAYS TO ADD WEIGHT =

**||| 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

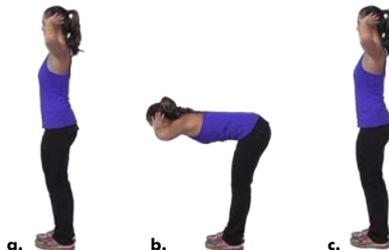
WEEKS 4–6

DAY	01	STRENGTH: LOWER	PAGE 22
DAY	02	CARDIO + ABS	PAGE 24
DAY	03	STRENGTH: UPPER	PAGE 26
DAY	04	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)

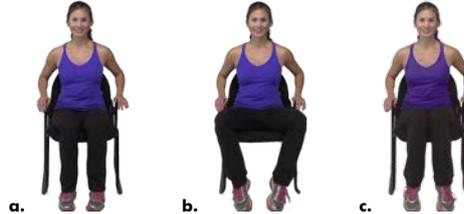
- Sit in chair with back straight, abs tight, feet together and flat on ground.
- Slowly lift both heels while pressing toes into ground.
- Return to start position. Repeat for given reps.



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

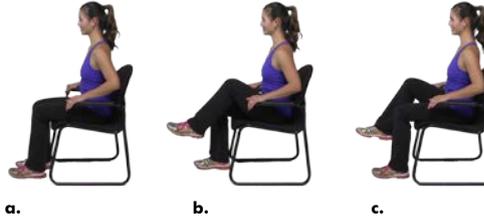
8:00 p.m.

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)

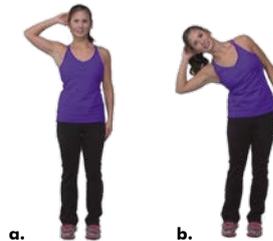
- Begin in plank position, hands on chair, back straight, abs tight and toes on ground.
- Lift left knee towards chest, keeping abs tight and back flat.
- Lower foot to ground and repeat on right side. Continue alternating sides for given time.



Standing Side Bend

(1–3 sets x 10–15 reps each side)

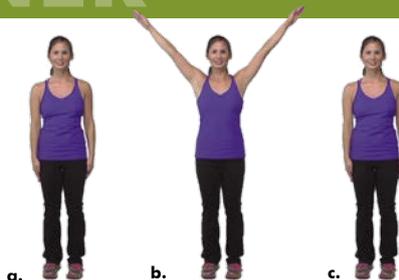
- Stand straight with abs tight, feet parallel and right hand behind head.
- Bend to the side, taking right elbow towards right hip. Return to start. Switch arms and repeat on left side for given reps.



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.



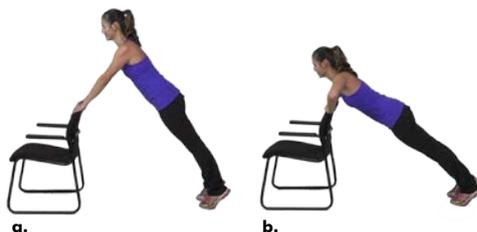
Wide Grip Assisted Pushup

(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)

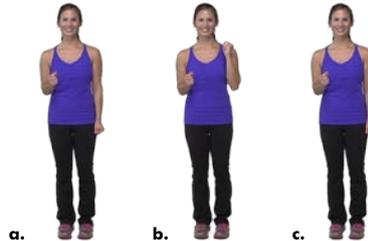
- Sit in chair, leaning forward 45-degrees. Have arms straight and palms facing each other.
- Keep abs tight and back straight. With a slight bend in the elbow, slowly raise arms out to side, squeezing shoulder blades at the top.
- Return to start position and repeat for given reps.



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)

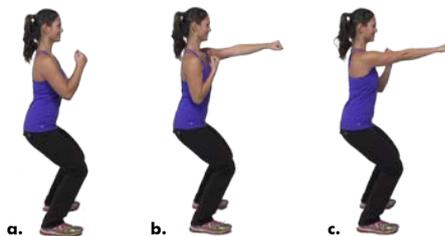
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Half-Sit with Air Punch

(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)

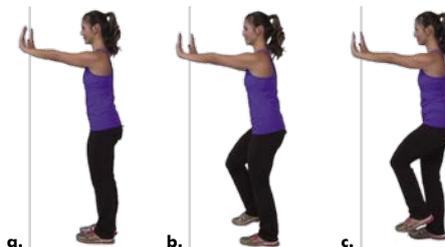
- Sit in chair with back straight, abs tight, feet together and flat on the ground and hands behind head.
- Keep abs tight, twisting shoulders to left side, lifting left knee to elbow.
- Return to center, twisting to right side and lifting right knee. Repeat on each side for given reps.



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)

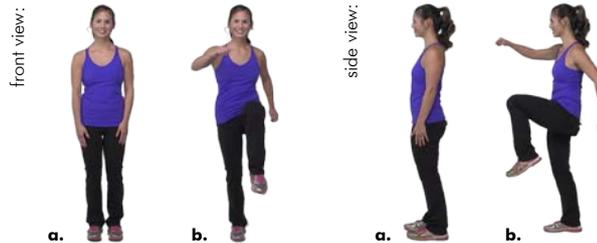
- Sit in chair with back straight, abs tight, feet together and flat on the ground and hands to side.
- Slowly lift left knee towards chest, then lower back down.
- Lift right knee towards chest, then back down. Repeat, alternating sides and complete given reps for each side.



Power Walk Around Office

(3–5 minutes minimum)

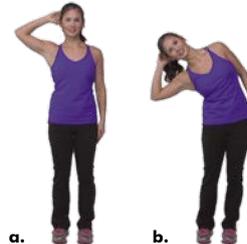
- Power walk around the office, pumping arms up and down while keeping abs tight and back straight.
- Exaggerate the movement by lifting knees high as you move forward. Continue for given time.



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!

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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