

Chair Burn

Squats to the chair

Single leg squats to the chair

100s sitting

Pre pilates

Single Leg Stretch/ Bicycle

Seated Figure 4/ Criss Cross

Rowing Front 3-6

Tricep Dips

Frog to Press Down combo

Tendon Stretch to Stand

Hip Stretch

Single Leg Press Down/ Hinge Forward/ Lunge/ Tree Stretch

Kicks behind chair/ side/ back (Flat & On toe)

Single Leg Kick / stretch