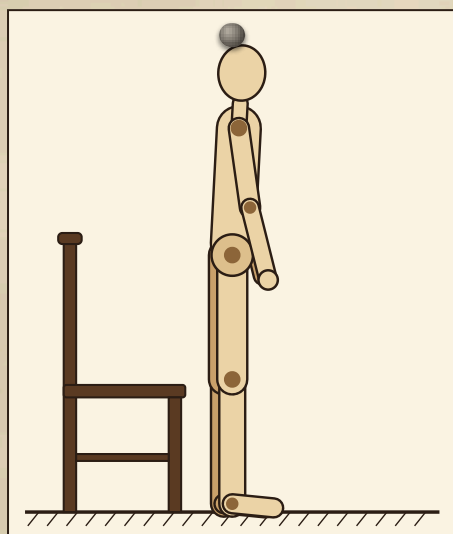


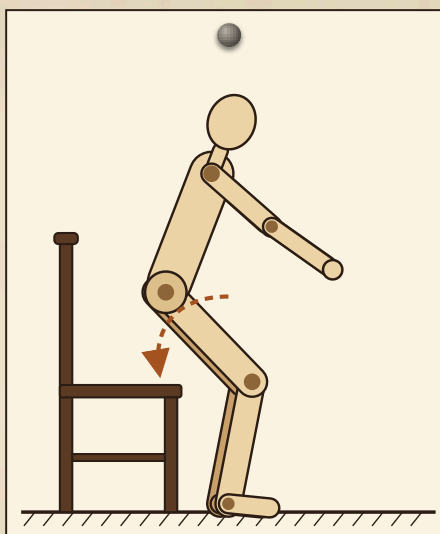


Chair squat

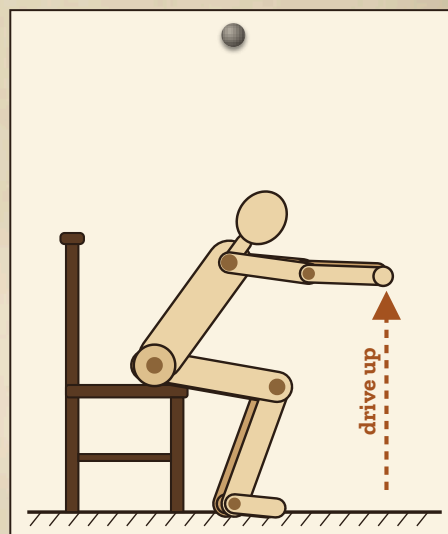
Strong legs get you up off the floor, out of the chair and up the hill. All you need is a sturdy chair.

**1 Stand tall**

Feet hip-width, arms ready.

**2 Sit back slowly**

Hips back first, arms reach forward.

**3 Touch, then up**

Brush the seat, drive through heels.

The beat

3 seconds down, a light touch on the seat, 2 seconds up. 8 squats is one set. Rest a minute between sets.

How to do it

1. Stand in front of a sturdy chair pushed against a wall, feet hip-width apart, toes forward.
2. Reach your arms out in front for balance.
3. Sit back slowly for a count of three, as if you're about to sit down.
4. Let your backside just touch the seat. Don't flop.
5. Push through your heels and stand tall. Breathe out on the way up.

Make it fit you

Easier

Sit down fully, pause, then stand. Hands on your knees is fine.

Harder

Hover a finger's width above the seat for two seconds before standing.

Knees

Keep them over your toes, not caving in. Any sharp pain, stop.

Tally board

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Set 1							
Set 2							
Set 3							

Mark a stroke for every set you finish. Start with one set a day and build up when it feels easy.

Too stubborn to quit

Watch the video at stubborncarpenter.com/training/chair-squat/ This is what worked for me, not medical advice. If you have a heart condition, have had surgery, or feel dizzy, chest pain or breathlessness, stop and check with your GP before carrying on.