

Cabin Fever 10!

with Kyra Colson



While COVID-19 has us hunkering down in our homes to prevent further spreading of the virus, we are missing you all here at the Passmore/Seymour Center. We have compiled 10 awesome exercises for you to do in the comfort of your own home to ensure you stay safe and fit during your break from us! Along with these wonderful exercises, drinking plenty of water is encouraged to flush out toxins and regulate body temperature. Also, supporting these exercises with an awesome, balanced diet is the way to keep your immune system strong, keeping you energized and ready to work out! Remember, please stretch your whole body before beginning a work out.

"Fit and Healthy at Home" Program Waiver: This program requires physical activity that may present problems if certain medical conditions currently exist. It is our recommendation that the participants consult their physician if they have any questions or concerns about participation in this program. If you choose to participate in this exercise video you agree to hold harmless any persons or organizations involved with the Wellness program exercise videos from any legal action or claims at any time due to your participation in this video. Be sure that you are in good enough physical condition to participate safely.

Equipment Needed:

- Chair
- Yourself
- Water



Please make sure you are doing these exercises on flat ground and with a sturdy chair to decrease fall/injury risks!

Exercise #1: Sit & Stand

(10 x 3)



Exercise #2: Sitting Jack

(10 x 3)



Exercise #3: High Knees

(10 x 3)



Exercise #4: Side Reaches

(10 x 3)



Exercise #5: Chair Assisted Squats

(10 x 3)



Exercise #6: leg Extensions

(10 x 3)



Exercise #7: Side Kicks

(10 x 3) – One Repetition is BOTH Legs!



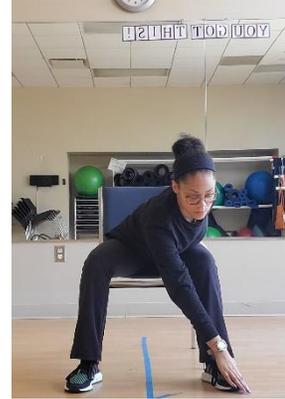
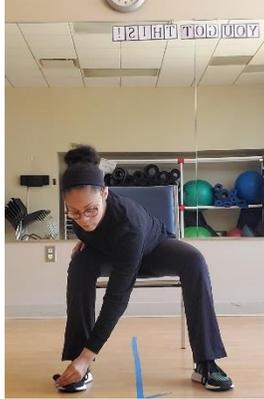
Exercise #8: Side Lunges

(10 x 3) – One Repetition is BOTH sides!



Exercise #9: Foot Taps

(10 x 3)



Exercise #10: Sit & Stands w/ High Knees

(10 x 3) – One Repetition is one leg up

