

# Anti-Sitting Exercise Routine



Exercises	time or reps	resistance	Notes
Lunge step with reach	3 x 10 each leg	BW	Stand in a lunge position (As if you're taking a very large step). With arms up reaching out to sides, turn over front leg.
Chest opening foot slide (call it what you want)	3 x 10 each foot	BW	Interlock fingers behind head. as you spread your elbows out wide, slide one foot back as far as you can. This will give your hips and upper chest a great stretch.

Face pull	3 x 10	Towel	Grab a towel with your hands touching and elbows up. Slide your hands away from each other while keeping tension up. raise chest up at same time.
Open chest stretch	3 x 15 each	BW	While one hand is behind head, reach back with other hand. All the while watching out stretched hand. Repeat o other side.

Single leg anterior and posterior reach	3 x 10 each side	BW	Stand on one leg. Reach up and back with one hand (of opposite leg your standing on). Then bend slightly while you switch to reaching forward .
Elbow plank	3 x 30-60 seconds	BW	I know this puts tension on your hips, but combined with the first exercise, you're going to be OK. Place your elbows on the floor under your shoulders. Raise yourself up onto your toes with your body in a complete straight line. If you can't hold the plank for min of 30 seconds. Don't just stop...drop to your knees and continue until your strong enough to do it on your toe the entire time.