Chair Rounds!

10 min · Arms, Legs, Shoulders

Each round lasts just under 5 minutes, make it your goal to blitz through this time-based workout without over resting or under working! All you need is a chair. You’ve got this!

- **Shadow Boxing**
  - 45 secs
  - Jab left and right continuously for the full 45 seconds!

- **Bench Tricep Dips**
  - 45 secs
  - The straighter your legs are, the more challenging this is! Get low with every rep!

- **Roundhouse Kicks**
  - 45 secs
  - You don’t need to make these high - just picture your ex boss for added determination.

- **Chair Squats**
  - 45 secs
  - No extended sitting! Just allow your glutes to touch the chair!

- **Shadow Boxing**
  - 45 secs
  - Jab left and right continuously for the full 45 seconds!

- **Bench Tricep Dips**
  - 45 secs
  - The straighter your legs are, the more challenging this is! Get low with every rep!

- **Roundhouse Kicks**
  - 45 secs
  - You don’t need to make these high - just picture your ex boss for added determination.

- **Chair Squats**
  - 45 secs
  - No extended sitting! Just allow your glutes to touch the chair!

- **Shadow Boxing**
  - 45 secs
  - Jab left and right continuously for the full 45 seconds!
<table>
<thead>
<tr>
<th>Exercise</th>
<th>Duration</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bench Tricep Dips</strong></td>
<td>45 secs</td>
<td>The straighter your legs are, the more challenging this is! Get low with every rep!</td>
</tr>
<tr>
<td><strong>Roundhouse Kicks</strong></td>
<td>45 secs</td>
<td>You don't need to make these high - just picture your ex boss for added determination.</td>
</tr>
<tr>
<td><strong>Chair Squats</strong></td>
<td>45 secs</td>
<td>No extended sitting! Just allow your glutes to touch the chair! After this you're all done!</td>
</tr>
</tbody>
</table>
**Shadow Boxing**

Primary muscle group(s):
Abs, Biceps, Shoulders, Triceps

Secondary:
Calves, Glutes & Hip Flexors, Lower Back, Quadriceps, Shoulders, Triceps

Stand tall with a tight core. Keep your gaze straight ahead. Bring your hands up to shoulder level. Make a tight fist with the thumb on the outside of your hand. Do not wrap your fingers around your thumb.

Begin in a left lead stance. Your left foot should be in front. Your right foot should be behind. Throw a left lead jab by extending your left hand straight out in front of you and immediately retracting.

Follow up the left jab with a right cross. Twist your foot and drive your right hip forward as you throw a straight punch with your back right hand. Alternate these two punches. Switch sides when finished with the prescribed repetitions.

**Chair / Bench Tricep Dips**

Primary muscle group(s):
Triceps

Secondary:
Shoulders

Sit on a chair with your hands either next to your hips or slightly under the hips.

Lift up onto your hands and bring your hips forward.

Bend your elbows and lower your hips down, keeping shoulders down and hips close to the chair.

Push back up but don't lock your elbows and repeat.
Roundhouse / Side Kicks

Primary muscle group(s):
Glutes & Hip Flexors

Secondary:
Calves

Stand in a comfortable position with knees slightly bent, one foot forward, at a distance a little wider than shoulder width.

Twist your body and simultaneously lift your back leg so that it rotates towards your target, it should be at about hip height.

Keeping your back (kicking) leg bent, rotate until your front leg is within close striking distance and then straighten the knee to connect with the target.

Connect with your shin lightly, and then reverse the movement, twisting back with your hips to the starting position.

Chair Squats

Primary muscle group(s):
Glutes & Hip Flexors, Quadriceps

Secondary:
Abs, Calves, Hamstrings

Place a chair behind you. Stand up straight with a tight core and flat back. Fold your arms in front. Your feet should be shoulder-width and toes and pointing forward.

Slowly descend by bending your knees and driving your hips back. Keep your chest and head up.

Touch the chair with your butt then slowly rise back to the starting position.
**Shadow Boxing**

Primary muscle group(s): 
Abs, Biceps, Shoulders, Triceps

Secondary:
Calves, Glutes & Hip Flexors, Lower Back, Quadriceps, Shoulders, Triceps

Stand tall with a tight core. Keep your gaze straight ahead. Bring your hands up to shoulder level. Make a tight fist with the thumb on the outside of your hand. Do not wrap your fingers around your thumb.

Begin in a left lead stance. Your left foot should be in front. Your right foot should be behind. Throw a left lead jab by extending your left hand straight out in front of you and immediately retracting.

Follow up the left jab with a right cross. Twist your foot and drive your right hip forward as you throw a straight punch with your back right hand. Alternate these two punches. Switch sides when finished with the prescribed repetitions.

**Chair / Bench Tricep Dips**

Primary muscle group(s): 
Triceps

Secondary:
Shoulders

Sit on a chair with your hands either next to your hips or slightly under the hips.

Lift up onto your hands and bring your hips forward.

Bend your elbows and lower your hips down, keeping shoulders down and hips close to the chair.

Push back up but don’t lock your elbows and repeat.
**Roundhouse / Side Kicks**

**Primary muscle group(s):**
Glutes & Hip Flexors

**Secondary:**
Calves

Stand in a comfortable position with knees slightly bent, one foot forward, at a distance a little wider than shoulder width.

Twist your body and simultaneously lift your back leg so that it rotates towards your target, it should be at about hip height.

Keeping your back (kicking) leg bent, rotate until your front leg is within close striking distance and then straighten the knee to connect with the target.

Connect with your shin lightly, and then reverse the movement, twisting back with your hips to the starting position.

**Chair Squats**

**Primary muscle group(s):**
Glutes & Hip Flexors, Quadriceps

**Secondary:**
Abs, Calves, Hamstrings

Place a chair behind you. Stand up straight with a tight core and flat back. Fold your arms in front. Your feet should be shoulder-width and toes and pointing forward.

Slowly descend by bending your knees and driving your hips back. Keep your chest and head up.

Touch the chair with your butt then slowly rise back to the starting position.
**Shadow Boxing**

Primary muscle group(s):
Abs, Biceps, Shoulders, Triceps

Secondary:
Calves, Glutes & Hip Flexors, Lower Back, Quadriceps, Shoulders, Triceps

Stand tall with a tight core. Keep your gaze straight ahead. Bring your hands up to shoulder level. Make a tight fist with the thumb on the outside of your hand. Do not wrap your fingers around your thumb.

Begin in a left lead stance. Your left foot should be in front. Your right foot should be behind. Throw a left lead jab by extending your left hand straight out in front of you and immediately retracting.

Follow up the left jab with a right cross. Twist your foot and drive your right hip forward as you throw a straight punch with your back right hand. Alternate these two punches. Switch sides when finished with the prescribed repetitions.

**Chair / Bench Tricep Dips**

Primary muscle group(s):
Triceps

Secondary:
Shoulders

Sit on a chair with your hands either next to your hips or slightly under the hips.

Lift up onto your hands and bring your hips forward.

Bend your elbows and lower your hips down, keeping shoulders down and hips close to the chair.

Push back up but don’t lock your elbows and repeat.
**Roundhouse / Side Kicks**

Primary muscle group(s):
Glutes & Hip Flexors

Secondary:
Calves

Stand in a comfortable position with knees slightly bent, one foot forward, at a distance a little wider than shoulder width.

Twist your body and simultaneously lift your back leg so that it rotates towards your target, it should be at about hip height.

Keeping your back (kicking) leg bent, rotate until your front leg is within close striking distance and then straighten the knee to connect with the target.

Connect with your shin lightly, and then reverse the movement, twisting back with your hips to the starting position.

**Chair Squats**

Primary muscle group(s):
Glutes & Hip Flexors, Quadriceps

Secondary:
Abs, Calves, Hamstrings

Place a chair behind you. Stand up straight with a tight core and flat back. Fold your arms in front. Your feet should be shoulder-width and toes and pointing forward.

Slowly descend by bending your knees and driving your hips back. Keep your chest and head up.

Touch the chair with your butt then slowly rise back to the starting position.