

# HEALTHY FAMILIES COACH

## Seated Resistance Programme

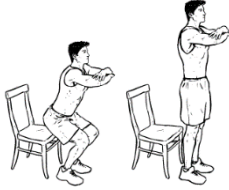




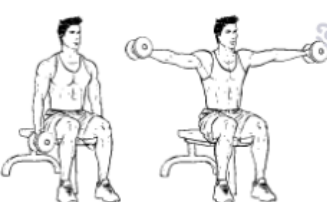


Use a strong chair and weights such as canned food if you want a challenge

**Beginner:** Each exercise for 5 reps/1-2 sets

**Intermediate:** Each exercise for 12 reps/2-3 sets

**Advanced:** Each exercise for 15-18 reps/3 sets

*How often can you do this?*

<p>Sit to Stand</p>  <p>1</p>	<p>Front raises</p>  <p>2</p>
<p>Air punches</p>  <p>Standing up or sitting down</p> <p>3</p>	<p>Tricep Extensions</p>  <p>4</p>
<p>Bicep Curls</p>  <p>Standing up or sitting down</p> <p>5</p>	<p>Lateral (side) raises</p>  <p>6</p>
<p>Leg extensions</p>  <p>7</p>	<p>Knee raises</p>  <p>8</p>

Goals: