

The Low Impact No Excuses Workout

**This quick Low Impact No Excuses Workout
is done in a chair and should take around 6 minutes.**

Chest/Shoulders/Biceps/Triceps:

- Sitting in a chair, put your arms on the arm rests and slowly try to lift your body 1/2 inch off the ground. If you can't do that, no problem.
- Just push down on the chair arms for 5 seconds and then release.
- In time, you can work your way up to 6 seconds, 7 seconds, etc.
- Remember, keep smiling and all movement is a victory and step in the right direction.

Abs/Legs:

- Sitting in a chair, lift your right foot a few inches off the ground and hold for 3 seconds.
- If you can not hold it at the top, than just lift it up and down.
- This movement engages your legs (front of your thighs) and your Abs.
- You can add an additional second to your hold time each week or so.
- Switch back and forth from your right to your left leg.

Oblique's (sides of your abs):

- Sitting in a chair, hold the sides and slightly turn your truck to the left - only about 1 to 2 inches.
- Then do the same to the right.
- In time, you can work your rotation up to 3 or 4 inches.

Lower Back:

- Sitting in a chair and holding the arm rests, lean forward 2 or 3 inches and then lean back into the upright position.
- In time, you can lean forward up to a 45% angle (just make sure to hold on to the arms).
- This is a great way to work your lower back.

Calves:

- Sitting in a chair, raise your legs up so that you are on the balls of your feet.
- Hold for 3 seconds and then relax for 3 seconds.
- In time, you can think about flexing your calves and holding for 4 or 5 seconds.
- This is a great way to strengthen your calves.

This workout was created by Jonathan Roche, Founder & CEO,
Breakthrough Health & Wellness Solutions, Inc.

To maximize every minute of your limited exercise time check out the No Excuses Workout System
<http://www.NoExcusesWorkouts.com/Products/>