

## Anytime Fitness

Here are some chair exercises that help with being in a small area like being in a break room or at your desk. These are very efficient exercises that require little to no equipment and do not require a large space. Here are 14 exercises that target the whole body and you can get creative with this. You can do all 14 exercises for 15-seconds x4 for a 15-minute break, 30 seconds each x 2 during a 15-minute break or you can do all 14 exercises for 1-minute x2 during a 30-minute break. Please feel free to reach out to me at Strong Minds if you have any questions regarding any of these exercises. [amanda@strongminds.co](mailto:amanda@strongminds.co) or (705) 987-3825

### 1. One Arm Row



### 2. Triceps Dips



### 3. Modified Chair Burpee



#### 4. Chair Toe Taps



#### 5. Bulgarian Split Squat



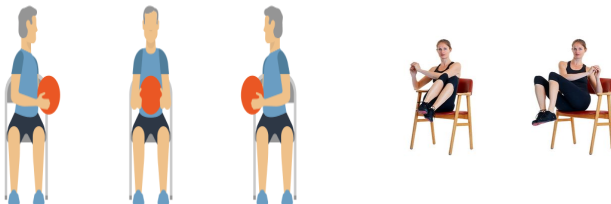
#### 6. Chair Squat/Sit-and-Stands



#### 7. Chair Push Ups



#### 8. Chair Russian Twists



**9. Elevated Glute Bridge**



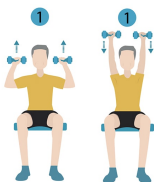
**10. Seated Back Flies**



**11. Chair Mountain Climbers**



**12. Seated Shoulder Press**



### 13. Single Leg Calf Raise



### 14. Chair Plank

