

CHAIR WORKOUTS

by Lucy Wyndham-Read

14 DAY
IMPROVED
HEALTH
CHALLENGE



IDEAL FOR LIMITED MOBILITY

FEEL BETTER, MOVE MORE, AND IMPROVE YOUR HEALTH

As your qualified trainer Lucy Wyndham-Read (real and not AI), I have designed this free 14-day chair workout plan. This is ideal for those with limited mobility, seniors, and anyone recovering from injury who wants to stay healthy and fit in a safe, supportive way. All workouts are seated chair exercises, can be done at home, and require little to no equipment.

All you need to do is perform the suggested workout for that day. Please note you will need to be online, and when you click the play button, it will take you straight to that video on my YouTube Channel.

Improve your strength and mobility

Support your joint health

Boost your circulation and energy



Feel more confident moving your body

WEEK 1

Simply click the play button to watch the video (please ensure you are online to view it).

Day 1

5 MIN ABS
AND ARMS



Day 2

10 MIN CARDIO



Day 3

10 MIN BETTER
HEALTH



Day 4

10 MIN FAT
BURNER



Day 5

4 MIN CARDIO
HIIT



Day 6

10 MIN CARDIO



Day 7

5 MIN
HEALTH



WEEK 1



Track Your Progress by TICKING
Off Each Day You Complete Your
Workout for Accountability.



DAY 1 _____

DAY 2 _____

DAY 3 _____

DAY 4 _____

DAY 5 _____

DAY 6 _____

DAY 7 _____



WEEK 1

Simply click the play button to watch the video (please ensure you are online to view it).

Day 8

10 MIN CORE



Day 9

10 MIN CARDIO



Day 10

10 MIN BETTER
HEALTH



Day 11

10 MIN CARDIO
BLAST



Day 12

10 MIN CARDIO
ABS & ARMS



Day 13

7 MIN CUSHION
SCULPT



Day 14

10 MIN
MOBILITY



WEEK 2

Track Your Progress by TICKING Off
Each Day You Complete Your Workout
for Accountability.

DAY 8 _____

DAY 9 _____

DAY 10 _____

DAY 11 _____

DAY 12 _____

DAY 13 _____

DAY 14 _____

HELPFUL BLOGS

Here, you will find some of my blogs focusing on overall health and wellness. Just click on the blog you wish to read (please note that you will need to be online).

Limited Mobility Exercises and Healthy Lifestyle Tips



10 Easy Ways To Reduce Sugar Intake (without noticing)



How To Set Goals



10 Tips on How to Drink More Water



Fitness is a deeply **personal** journey, and each of us have the ability **to be our own fit.**

Remember, your fitness journey is for **you** and no one else, focusing on **your future health.**

I hope you enjoyed these workouts! Be sure to check out my YouTube channel, where I'll be sharing new chair workouts in the future for you to follow along with.

With love, Lucy

Click below to follow on any of my social channels.

 **YouTube**

 **LucysSquad Page**

 **@LucyWyndhamRead**

