

LET'S MOVE!

YOU'RE SURE TO GET UP AND
HAVE FUN WITH THESE FITASTIC
VIDEOS. CHECK OUT THE
EXERCISE VIDEOS BELOW FOR
SOME FUN AND MOVEMENT!

WHAT YOU'LL FIND:

YOGA
SITTING EXERCISES
FAMILY FUN FITNESS
& SEATED DANCE!

**CLICK THE BLUE HEADINGS
BELOW FOR YOGA VIDEOS!**

ADAPTIVE YOGA FOR KIDS

Check out this video to learn some yoga basics all from the ground. This video is 11 minutes of instruction you can follow along to and it only requires a yoga mat or beach towel.

ADAPTIVE KIDS YOGA PLAYLIST

This playlist of videos offers a variety of sitting and standing poses focusing on triplegia, muscular dystrophy, hyoptonia, diplegia, and ataxia. Learn about the benefits of yoga while strengthening your whole body. Each video may use different materials but you'll need a yoga mat or towel and a chair for balancing.

CLICK THE PINK HEADINGS BELOW FOR SITTING EXERCISE VIDEOS!

LOW INTENSITY CARDIO

Check out this video to bring your heart rate up without having to stand. This 6 minutes of sitting cardio instruction requires only you and a chair.

14 MINUTE CHAIR WORKOUT

In this sweat breaking workout video, you'll build strength and increase cardiovascular fitness. You'll need a chair, and two weights.

If you can't find weights, fill up two water bottles! This video offers great explanations on correct body mechanics

SEATED AB WORKOUT

Improve your core and balance with this ab workout while sitting. All you need is a chair! This 8 minute ab challenge is sure to have you burning!

CLICK THE PINK HEADINGS BELOW FOR FAMILY FUN FITNESS VIDEOS!

LIVING ROOM EXERCISE

Get energy out while building strength and flexibility. You'll need a mat or towel and 3-4 soft items for a relay. This workout is about 12 minutes long so get ready to sweat!

ALL AGES WORKOUT

The whole family can get on their feet and join in on this no equipment needed workout! For 15 minutes, follow along in this quick paced and exciting video.

FABS EXERCISES!

The name say it all! Get ready to improve **FLEXIBILITY, AEROBICS, BALANCE** and **STRENGTH!** For this 9 minutes of exercise variety, you'll need a chair and 2 weights.

CLICK THE BLUE HEADINGS BELOW FOR SEATED DANCE VIDEOS!

FOLLOW ALONG DANCE

Pick a seat and groove! Follow along to Justin Timberlake's "Can't Stop The Feeling" for an upbeat dance routine!

"I DON'T CARE" BY JUSTIN BIEBER

You're sure to smile watching this chair dance video! If you're feeling inspired, [click here](#) to watch the tutorial on the full dance!

ZUMBA! FROM A CHAIR

Get moving with Zumba! Follow along to Jennifer Lopez singing "Get on the Floor" for a fun time! All you need is a smile! Check out [Zumbaonwheels](#) for more videos.