

# BODY BOOST | BASIC hit 1 (standing) • Mini Workout



<b>DURATION</b>	2-3 minutes
<b>MUSCLE FOCUS</b>	glutes (buttocks), thighs, core, shoulders
<b>BENEFIT</b>	general strength, daily tasks
<b>DIFFICULTY</b>	beginner
<b>EQUIPMENT</b>	stable chair or bench, clear wall space (adjacent to chair) watch / stopwatch / clock to monitor seconds

This routine builds stronger legs and shoulders. It can help you feel lighter on your feet and make it easier to carry heavy items.

## Sit-to-Stand

🕒 30-45 seconds

1. Start seated in a chair with your arms across your chest, your feet on the floor and your knees at ~90 degrees.
2. Bend forward at the hips and stand up until you are completely upright with knees straight.
3. Lift your chest and tighten your buttocks.
4. Sit down slowly, bending at the hips and knees, and control the movement, not allowing yourself to 'flop' into the chair.

## Wall Push-Up

🕒 30-45 seconds

1. Stand up straight facing a wall.
2. Take a step back and place the palms of your hands on the wall at shoulder height and shoulder width apart, keeping elbows straight.
3. Bend your elbows, taking your chest towards the wall. Keep your body in a straight line and tighten your buttocks and abdominals. Try to keep your head from poking forward.
4. Return to the starting position by straightening your elbows, lifting your chest away from the wall.

## Workout Instructions

- Perform the first exercise for 30 seconds, then immediately perform the second exercise for 30 seconds
- No rests between the exercises!
- Repeat the pair of exercises
- (For extra credit, perform each exercise for 45 seconds)



*This workout is designed to improve personal fitness and wellbeing. If you chose to participate in this workout, you understand that you are doing so voluntarily, you certify you can perform the physical exercise, you understand the risks involved, and you fully acknowledge the Terms of Service outlined on our website at <https://simplimove.health/terms-of-service/>*