

# GRAND STAND | REP fit 1 (standing) • Mini Workout



<b>DURATION</b>	4 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, watch / stopwatch / clock to monitor seconds

This routine strengthens muscles of the lower body, and contributes to better balance and upright movements

## Sit-to-Stand

🕒 20 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.

## REST

🕒 10 seconds

## Heel Raise

🕒 20 seconds

1. Stand with your feet hip-width apart and arms by your sides.
2. Keeping your knees straight, lift both heels and rise on to your toes. Return to the starting position, controlling the movement as you lower both heel to the ground

## REST

🕒 10 seconds

## WORKOUT INSTRUCTIONS

- Perform each exercise for 20 seconds,
- Allow 10 seconds of rest between exercises
- Repeat the pair of exercises four times (8 exercises in the total sequence)
- (For extra credit, perform each exercise for 30 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/>