



MVe® Chair Challenge

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OVERVIEW

The chair is a great way to challenge the body with resistance. Build strength, stamina, flexibility, and balance with this fun workout.

OBJECTIVES

Complete the Workout Below:

***Spring Setting – ¾ (Low Chair 1T1B)**

Hundred

Abdominal Series:

- Single Leg Stretch
- Double Leg Stretch

Rock up – Round forward, and chest stretch

Scissors

Double Leg Lower Lift

Criss Cross

Accordion

Rock Up – Round Forward, and chest stretch

Footwork Series: Toes, Arches, Heels (if available add weights and arm variations)

One Leg Pump

Basic Tendon Stretch

One Leg Circles – into One Leg Pull Up

Standing Pumping One Leg – all variations staying on same leg

Mountain Climber

Balance Control Front

Pull Ups

Change Leg for Standing Pumping One Leg (other leg)

Mountain Climber

Balance Control Front

Knees Off -Pumping Both Legs

Standing Side Pump – Variations: Toes, half way down, half way up from bottom, on toes of standing leg, Heel on pedal

Cross Over Pump – Variations: Half way down, half way up from bottom

Balance Control Side

Side Pull ups – Hand placement variation and variation of outside leg-outside leg lifts 3X, lift lower with leg out to side, stay at top and circle outside leg 2/3 each way

Pull Ups – Repeat other side

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**

***Change the Spring setting- 3 (Low Chair 1M1B)**

Sit and do Figure 4 Stretch
Frog Facing Out
Reverse Pull Ups
Table Top – Pump both feet on, challenge 1 leg off and pump
Repeat the last three

***Change Spring Setting- ½ (Low Chair 1 Spring)**

Teaser Pumping- Challenge 1 Leg off, then Both
Teaser Stretch
Bridge
Hamstring Pumping
Hamstring Stretch
Supine Frog- Challenge 1 Leg
Roll Overs
Mat High Bicycle
Roll up into Teaser
Can Can
Kneeling Mermaid
Kneeling Side Kick Hand on Pedal: Front/Back, Circles
Side Kick Series on Top of Chair:
Front/Back, Up/Down, Inner Thigh Lift, can add Bicycle
Side Sit Ups-Right Side
Twist II -Right Side
Mermaid -Right Side
Mermaid Stretch -Right Side- Hip Flexor Stretch
Pumping Two Arms- into Swan
Pumping One Arm
Beats on Belly- Glute work variations
Repeat Left Side
Teaser/ Reverse Swan I
Standing Frog Facing Front
Push Ups I, II
Hamstring Stretch
It Band Stretch

SUMMARY

Keep challenging yourself and your clients!