

Chair

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Chair dips - Stuhl Stütze

30 Sekunden lang, dann Pause 30 Sekunden

1. Sit on the edge of a chair with your hands cupping the edge of the chair on either side of your hips. Make sure that you are sitting upright with good posture, engaging your core to keep your belly tight, your shoulders back and down, your chest up, and your gaze forward.
2. Scoot to the very edge of the chair so that your thighs are parallel to the floor, your knees are bent 90°, your shins are vertical, and your feet are flat on the floor. Press through your palms to lift your butt off of the chair, further scooting it forward off the front edge of the seat. At this point, all your weight should be in your hands and your feet.
3. Bend your elbows to lower your hips so that they are just above the floor in front of the chair. Your hands should be behind you on the chair.
4. Go as low as you can without your butt touching all the way down to the floor. Your elbows should be pointing up and back behind you, and you want to keep your back as close to the front edge of the chair as possible without scraping it.
5. Pause, and then press through your palms, using your triceps, shoulders, and chest muscles to lift your body up.
6. Try not to sit back up on the chair but hover just in front of it with your butt before descending back down to begin the next rep.



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Push ups on the chair - Liegestütze auf dem Stuhl

30 Sekunden dann 30 Sekunden Pause

Put a workout bench or chair behind your feet.
When you get into your starting position, go
down and up.

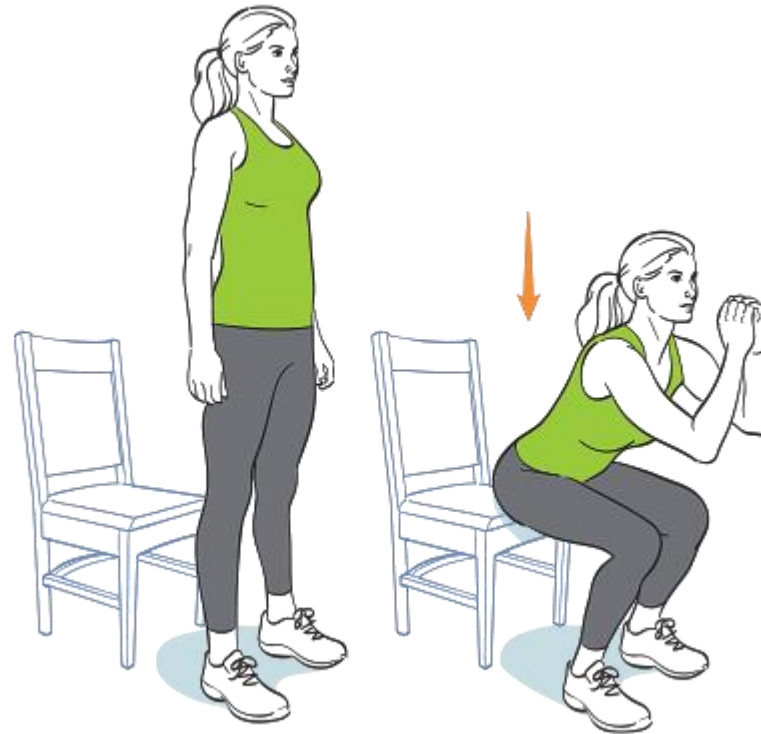


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Chair squats – Stuhl Kniebeugen

30 Sekunden lang, dann Pause 30 Sekunden

Stand with feet hip-width apart with a chair behind you. Raise your arms and slowly squat down towards the seat of the chair. Keep your core contracted and knees behind toes. As you touch down in the chair, contract your glutes and lift yourself back to standing.

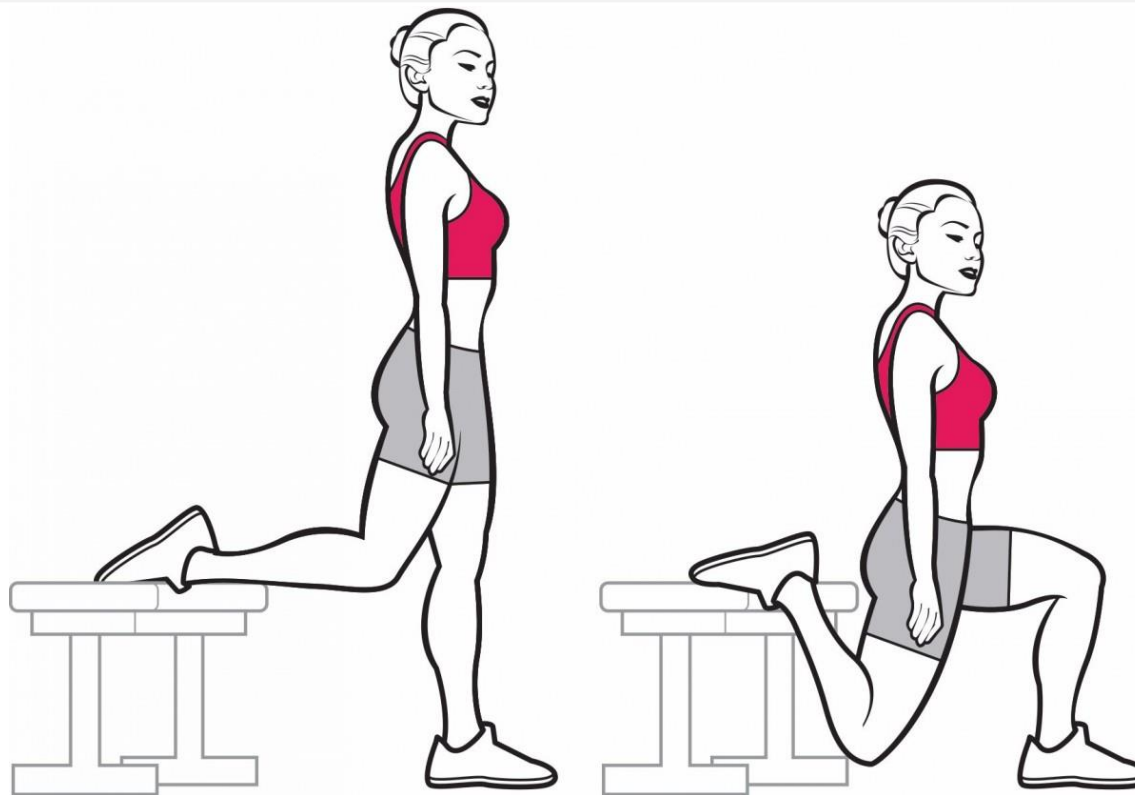


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Split squats – Geteilte Kniebeuge

30 Sekunden lang, dann Pause 30 Sekunden

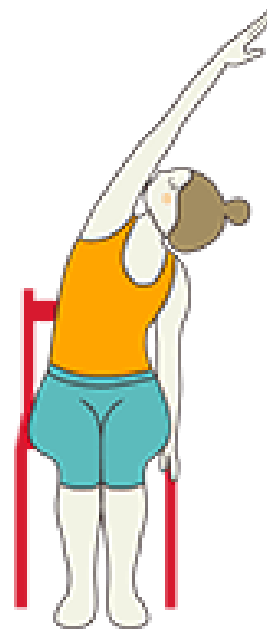
Start by standing in front of a chair or step, and place one leg on the chair. Sit back on your foot, and step your front leg forward into position, grounding the foot into the floor. Then stand up and perform the squat.



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A little stretch exercise – Dehnung zur Seite
15 Sekunden each side

Sit on the chair, put you right hand up
Bend your right side to the left.



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Another stretch exercise
– **Dehnung nach hinten**
30 Sekunden lang, dann
Pause 30 Sekunden

You put your hands
together and stretch
backwards

