

WEEK 1

S	DAY OFF
M	DAY OFF
T	WEEK 1 GUIDE
W	D.D. CHAIR FORCE
T	DAY OFF
F	D.D. CHAIR FORCE
S	DAY OFF

WEEK 2

S	CHAIR FORCE I
M	DAY OFF
T	WEEK 2 GUIDE
W	D.D. CHAIR FORCE
T	DAY OFF
F	CHAIR FORCE I
S	DAY OFF

WEEK 3

S	CHAIR FORCE I
M	DAY OFF
T	WEEK 3 GUIDE
W	CHAIR FORCE I
T	DAY OFF
F	CHAIR FORCE II
S	DAY OFF

WEEK 4

S	CHAIR FORCE II
M	DAY OFF
T	WEEK 4 GUIDE
W	CHAIR FORCE III
T	DAY OFF
F	CHAIR FORCE II
S	DAY OFF

WEEK 5

S	CHAIR FORCE III
M	DAY OFF
T	WEEK 5 GUIDE
W	CHAIR WARRIOR I (17MIN)
W	CHAIR FORCE I
T	DAY OFF
F	CHAIR FORCE II

WEEK 6

S	CHAIR FORCE III
M	CHAIR WARRIOR I (17MIN)
T	WEEK 6 GUIDE
W	CHAIR WARRIOR I (17MIN)
W	CHAIR FORCE II
T	DAY OFF
F	CHAIR FORCE III

WEEK 7

S	CHAIR FORCE IV
M	CHAIR WARRIOR I (17MIN)
T	WEEK 7 GUIDE
W	CHAIR WARRIOR I (17MIN)
W	CHAIR FORCE III
T	DAY OFF
F	CHAIR FORCE IV

WEEK 8

S	CHAIR FORCE V
M	CHAIR WARRIOR I (17MIN)
T	WEEK 8 GUIDE
W	CHAIR WARRIOR I (17MIN)
W	CHAIR FORCE III
T	DAY OFF
F	CHAIR FORCE IV

WEEK 9

S	CHAIR FORCE V
M	CHAIR WARRIOR I (17MIN)
T	WEEK 9 GUIDE
W	CHAIR WARRIOR I (17MIN)
W	CHAIR FORCE IV
T	DAY OFF
F	CHAIR FORCE V

WEEK 10

S	CHAIR FORCE V
M	CHAIR WARRIOR I (17MIN)
T	WEEK 10 GUIDE
W	CHAIR FORCE V
W	D.D. STAND STRONG
T	DAY OFF
F	D.D. STAND STRONG

WEEK 11

S	STAND STRONG I
M	CHAIR FORCE V
T	WEEK 11 GUIDE
W	CHAIR FORCE V
W	D.D. STAND STRONG
T	DAY OFF
F	STAND STRONG I
S	DAY OFF

WEEK 12

S	STAND STRONG II
M	CHAIR FORCE V
T	WEEK 12 GUIDE
W	STAND STRONG I
W	STAND STRONG I
T	DAY OFF
F	STAND STRONG II
S	DAY OFF

WEEK 13

S	STAND STRONG III
M	STAND STRONG I
T	WEEK 13 GUIDE
W	STAND STRONG I
W	STAND STRONG I
T	DAY OFF
F	STAND STRONG II
S	DAY OFF

WEEK 14

S	STAND STRONG III
M	STAND STRONG I
T	DAY OFF
W	DAY OFF
T	DAY OFF
F	DAY OFF
S	DAY OFF

CHAIR FORCE

If you struggle with balance or have trouble standing for long periods, start with Chair Force. While seated in a chair, you'll get your legs and upper body moving with stretches and Dynamic Resistance.

