

- Choose 2 movements from each category (upper body, core and cardio & lower body).
- Do your 6-movement circuit a total of 4 times.

HEART programme exercise menu

SITDOWN BODY WORKOUT

- Perform each movement for 45 seconds.
- Rest for 15 seconds in between each movement.
- Repeat the circuit 3 more times.

Upper body



1. *Cross body kick punches*
2. *Bicep curls*
3. *Bent over row*
4. *180 degree palm press*



Core and cardio



1. *Seated lean backs*
2. *Seated jacks*
3. *Chair dips*
4. *Cross body crunch*



Lower body



1. *Seated skater*
2. *Chair leg lift*
3. *Split squat*
4. *Squat*

