Going Strong DAILY

# 28-Day Chair Yoga & Tai Chi Chart

Ten minutes a day, from your chair. Tick the box when you finish. Missed a day? Just carry on from where you are.

Scan for how-to & the timer

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|---|---|---|---|---|---|---|---|
| **Week 1**<br>Posture & breathing<br>5 to 8 min a day | **Day 1** ☐<br>Mountain + belly breathing | **Day 2** ☐<br>Add shoulder rolls | **Day 3** ☐<br>Add neck release | **Day 4** ☐<br>All 4 moves | **Day 5** ☐<br>All 4 moves | **Day 6** ☐<br>All 4 moves | **Day 7** ☐<br>Rest or repeat |
| **Week 2**<br>Loosen up<br>about 10 min a day | **Day 8** ☐<br>Add seated cat-cow | **Day 9** ☐<br>Add side stretch | **Day 10** ☐<br>Add seated twist | **Day 11** ☐<br>Week 2 flow | **Day 12** ☐<br>Week 2 flow | **Day 13** ☐<br>Week 2 flow | **Day 14** ☐<br>Rest or repeat |
| **Week 3**<br>Strength & steadiness<br>about 10 min a day | **Day 15** ☐<br>Add warrior arms | **Day 16** ☐<br>Add sit-to-stand | **Day 17** ☐<br>Add tai chi arm raise | **Day 18** ☐<br>Add wave hands | **Day 19** ☐<br>Week 3 flow | **Day 20** ☐<br>Week 3 flow | **Day 21** ☐<br>Rest or repeat |
| **Week 4**<br>Full flow<br>10 min a day | **Day 22** ☐<br>Full 10-min flow | **Day 23** ☐<br>Full 10-min flow | **Day 24** ☐<br>Full 10-min flow | **Day 25** ☐<br>Full 10-min flow | **Day 26** ☐<br>Full 10-min flow | **Day 27** ☐<br>Full 10-min flow | **Day 28** ☐<br>Full flow. You did it! |

**Week 2 flow** = week 1 moves + cat-cow, side stretch, twist. **Week 3 flow** = week 2 + warrior arms, sit-to-stand, tai chi arm raise, wave hands like clouds. **Full flow** = the 10-minute chair yoga routine at goingstrongdaily.com. Check with your doctor before starting a new exercise program.

Not medical advice. Check with your doctor before starting a new exercise program. Stop if you feel pain, dizziness or shortness of breath.