Name/Title: **Chair/Seated Exercise Routine**

Purpose of Event: A simple but intense exercise routine you can do from the comfort of your seat.

Suggested Grade Level: 6-12

Materials Needed: A stable chair and some water near by.

Description of Idea

Here is a video of the exercise routine just follow along and give max effort.

Sitting down all day for class, work, meetings and stuff on zoom, google meet, etc? then I have the perfect routine for you. In this video will do some great exercises that you can do from the comfort of your own seat.

Video

Submitted by **Idrissa Gandega** in new york, NY. Thanks for contributing to PE Central! **Posted on PEC: 3/30/2021**.

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