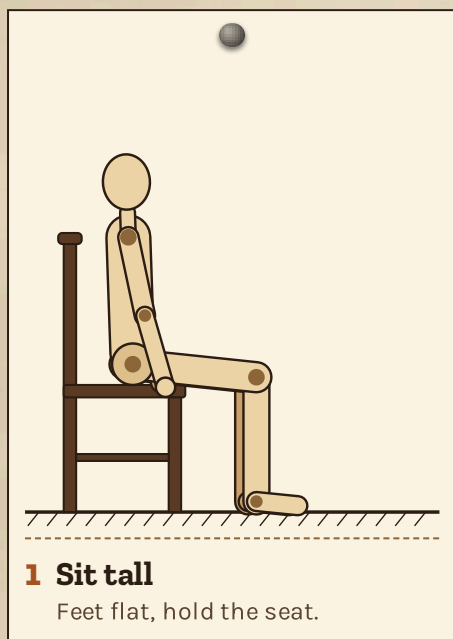


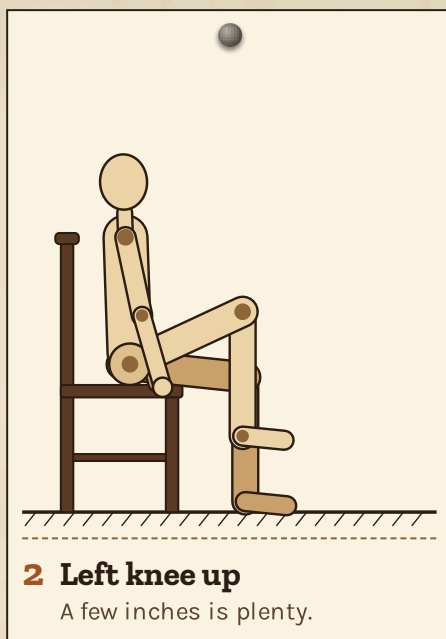


Seated march

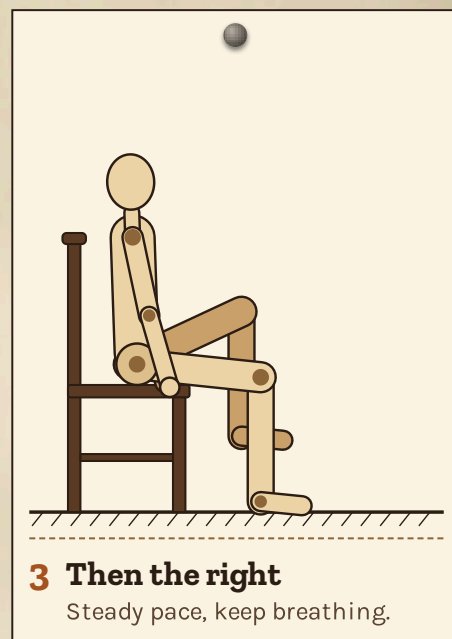
Gets the blood moving and warms up the hips without standing up. Good for tired days, or when your balance isn't up to much.

**1 Sit tall**

Feet flat, hold the seat.

**2 Left knee up**

A few inches is plenty.

**3 Then the right**

Steady pace, keep breathing.

The beat

A steady pace, about one lift a second. 10 with each leg is one set. Build up to two minutes without stopping.

How to do it

1. Sit tall towards the front of a sturdy chair, feet flat.
2. Hold the sides of the seat lightly.
3. Lift your left knee a few inches, then put the foot down.
4. Lift the right knee, and keep alternating at a steady pace.
5. Breathe normally. You should still be able to talk.

Make it fit you

Easier

Just lift your heels in turn, toes on the floor.

Harder

Lift your knees higher and swing your arms as you go.

Back

Sit tall. Don't lean back to lift the leg.

Tally board

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Set 1							
Set 2							
Set 3							

Mark a stroke for every set you finish. Start with one set a day and build up when it feels easy.

Too stubborn to quit

Watch the video at stubbobncarpenter.com/training/seated-march/ This is what worked for me, not medical advice. If you have a heart condition, have had surgery, or feel dizzy, chest pain or breathlessness, stop and check with your GP before carrying on.