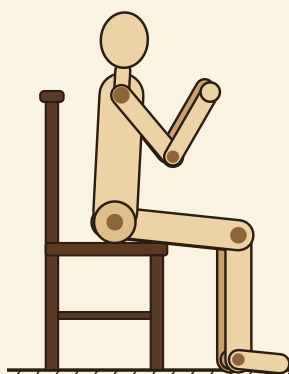




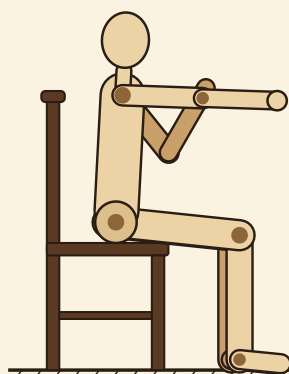
Seated punches

Shadow boxing from the chair. Gets the heart going and works the arms and shoulders when standing isn't on the cards.



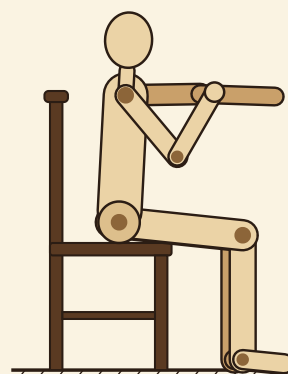
1 Guard up

Sit tall, fists by your chin.



2 Left punch

Straight out at shoulder height.



3 Right punch

Back to guard, keep alternating.

The beat

A steady rhythm, left then right, about one punch a second. 15 of each is one set. Rest a minute between sets.

How to do it

1. Sit tall towards the front of a sturdy chair, feet flat on the floor.
2. Bring your fists up in front of your chin, elbows down.
3. Punch your left fist straight out at shoulder height, then pull it back to your chin.
4. Punch with the right, then keep alternating at a steady pace.
5. Don't lock your elbow at the end of each punch. Breathe out as you punch.

Make it fit you

Easier

Slow the pace right down, or punch with one arm at a time.

Harder

Speed up a little, or keep going for a full minute.

Safety

Controlled punches, not full force. Stop if you feel dizzy or short of breath.

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 stubbhorncarpenter.com/training/seated-punches/ 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.