

THE SEATED WORKOUT!

Too much time in your vehicle, plane, or office? Want to spend it working out instead?

Here is a simple guide to turn passive wait time to active workout sessions. All you need is a tennis ball.

*Note - these moves are designed for a parked car or passengers. Don't risk a ticket (or your life) by getting your fit on at a red light!

INNER THIGHS

Position a tennis ball between your knees and give it a powerful squeeze with your inner thighs, holding a few seconds with each contraction. Complete two sets of 15 repetitions to start, working up to four sets over time.

CHEST & SHOULDERS

With a tennis ball between the palms of your hands, interlace fingers over the top of the ball. Raise elbows out to the side in line with your chest. Begin pushing palms toward one another, then releasing. Feel the work in your chest and shoulders. Complete two sets of 15 repetitions to start, working up to four sets over time.

FOREARMS

Strengthen your forearms to help with gardening, tennis, mountain biking, or anything that requires a strong grip. Wrap the fingers of one hand around your tennis ball and squeeze using maximum strength for one second, followed by one second of relaxation. Complete 15 repetitions on each side, aiming for two sets on with each arm.

CALVES

With both feet flat on the floor of the car, perform 20 heel raises with each leg. Alternate sides and complete two sets for each leg. To increase difficulty, position tennis ball under the ball of the foot and complete leg raises with a greater range of motion.

CORE

Sit up tall in the seat of your car, making a straight line from your tailbone to the crown of your head. Draw belly button towards the spine before engaging abdominal muscles. Focus on the lower abdomen, just below the naval and above the pubic bone. Hold engaged muscles for fifteen seconds, working up to one minute. Perform 2-4 sets.

GLUTES

Tone your tushy using a similar technique as you did with the core. Engage gluts while sitting tall in your car seat. Hold engaged muscles for fifteen second, working up to one minute. Perform 2-4 sets.

UCI Wellness

**MAINTAIN
DON'T GAIN**

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More Info: www.wellness.uci.edu/facultystaff/maintaindontgain.html