

Welcome to In Chair Fitness!

I hope you will enjoy doing these workouts. They are short, but will make you move, and that what matters! As you practice and build your strength you may combine a few workouts into a longer one or complete a few sets of one workout in a row if you wish.

If you can't do certain moves, try to modify and do what you can. Remember you are still doing great! And don't stop moving!

Contact me at contact@myeasyfitlife.com if you have any questions.