

# FAST Start Guide

*Chair Stands*

*Rows*

*Stepper*

*Push Ups*

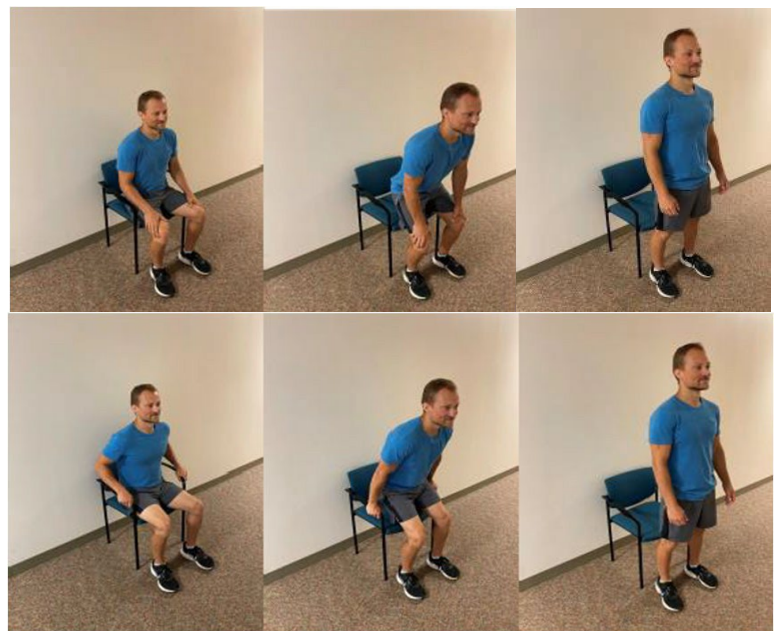
*Walking*

**Background Information:** Each of the 5 exercises are performed daily for 30 seconds with a 30 second rest in-between. Work as fast as you can while remaining safe! The full workout will take only 5 minutes per day. Make sure you perform all exercises in a safe environment and have the provided audio recording playing if you are not with your coach. Be sure to have all your equipment set up in such a way that you can make it from one exercise to the next in 30 seconds. Make sure to wear sneakers to assist with balance.

## **Chair Stands:** Step by Step Instructions

Before you begin, find a chair that is: sturdy, has arms, incapable of rocking, and without wheels. Place this chair against a wall.

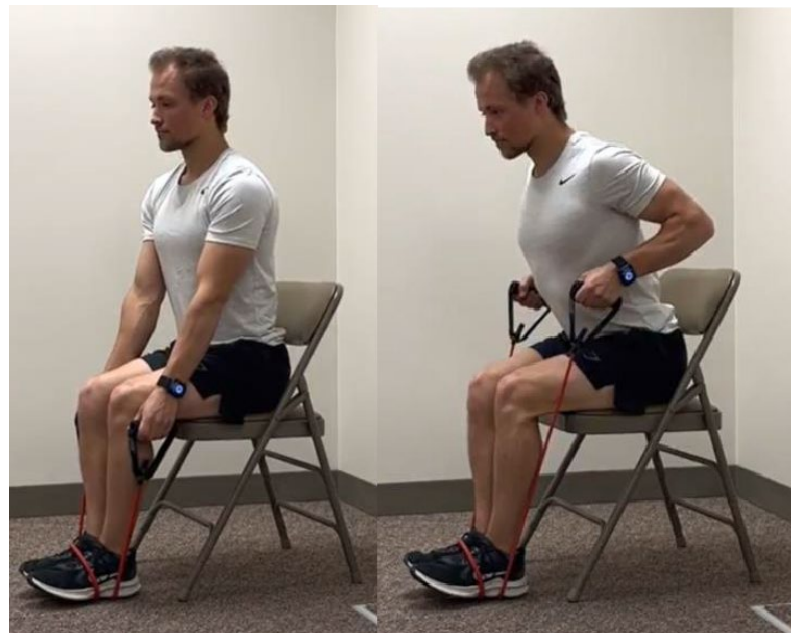
1. Sit upright in the middle of the chair with feet flat on the floor.
2. With your feet flat on the floor, hands on your thighs or arm rests, stand up. Pause to make sure you have balance.
3. Slowly lower back down to the chair and sit fully with your thighs (hamstrings) flat on the chair.



## **Rows:** Step by Step Instructions

Before you begin, wrap the yellow band around your feet and even out both sides of the handles. Keep your feet flat on the floor.

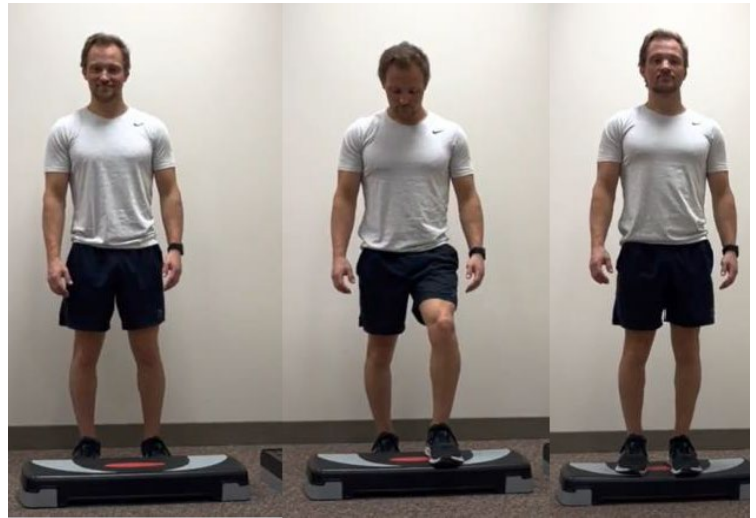
1. Grab the handles of the resistance band. Keep your shoulders down and back, squeeze your shoulder blades together to make your back straight.
2. Pull your elbows back until your hands get to your ribs. Then, slowly lower the band back until your arms are straight.



### Stepper: Step by Step Instructions

Before you begin, place the stepper next to your kitchen countertop to help maintain balance if needed. Begin on the **highest** setting and adjust lower if needed.

1. Standing facing towards the stepper, place your first foot securely on top of the stepper. Make sure your whole foot is on top, and neither your heel nor your toes are hanging off the edge.
2. Press through your first foot to rise and place your second foot on top of the stepper.
3. Step down to where you began with your first foot. Then, step down with your second foot.



### Push Ups: Step by Step Instructions

Before you begin, find a sturdy countertop.

1. Begin facing the countertop.
2. Place your hands on the countertop slightly below shoulder height and just slightly wider than shoulder width. Make sure your arms are straight, but your elbows are not locked.
3. Step back so you are on the balls of your feet and your body is in a straight line from your head to your toes.
4. Keeping your core (abdominal) muscles engaged so your body stays flat, slowly lower down by bending at your elbows bringing your chest towards the counter until your elbow reaches a 90-degree angle (or, as low as you feel safe going).
5. Continue to keep your body flat as you push down through the counter extending your arms, exhaling, and returning to your original position.



### Walking: Step by Step Instructions

Before you begin, using a tape measure, mark out two lines 10 feet apart. Make sure your walking area is clear and safe.

1. Begin behind your first line and walk as fast as you safely can towards your second line.
2. Walk completely past the second line before turning around and then quickly but safely walking back towards your first line.

