

# FAST Start Guide

**Background Information:** Each of the 5 exercises are performed daily for 30 seconds with a 30 second rest in-between, taking a total of 5 minutes to complete. Exercise as fast as you can while remaining safe! Make sure you perform all exercises in a safe environment and have all your equipment set up before you begin. You may use the audio recordings that are sent to your email daily, to guide you. Remember to wear sneakers to help with balance and safety.

## **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. Only use hand assistance during the exercise if needed.

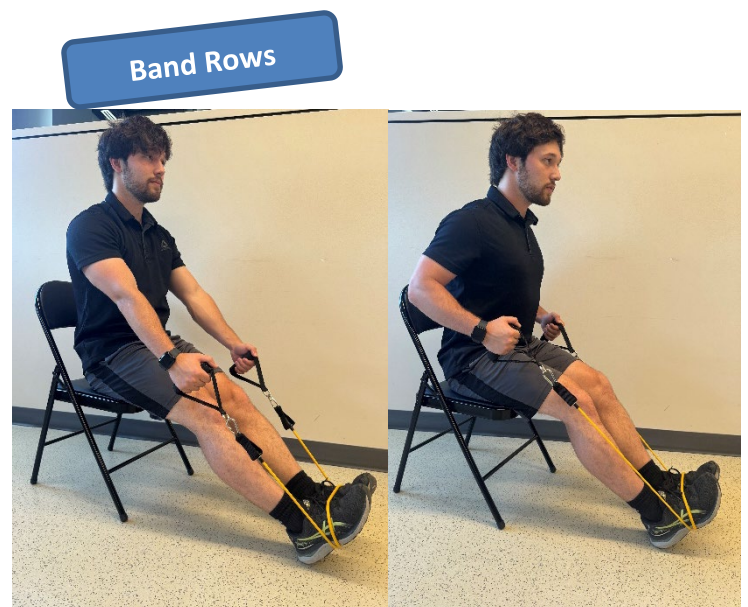
1. Sit upright in the middle of the chair with your feet flat on the floor.
2. Keep your hands out in front for balance or at your side, press through your legs to stand up straight. Pause at the top to make sure you have balance.
3. Slowly lower back down to the chair and sit fully with your thighs (hamstrings) flat on the chair.



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

Before you begin, find a secure and stable chair, preferably without arms. Wrap the resistance band around your feet and even out both sides of the handles. Straighten your legs and rest your heels 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, look down and 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.
4. Repeat steps 1-3 starting with the opposite foot.



### Push-Ups: Step by Step Instructions

Before you begin, find a sturdy countertop. Keep your core (ab) muscles engaged so your body stays flat for the duration of the exercise.

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. 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. 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.

