

CHATELAINÉ

PRESENTS



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MOVES
TO TAKE ON
THE ROAD

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LEG SWINGS WITH CHAIR

Sitting for long periods makes the muscles around your hips feel tight and stiff when you finally stand up. This exercise will relieve the tension in your hips and get your blood pumping.

Complete 40 reps on each leg.



1

Stand and place right hand on something stable, like a chair or your car.

2

Swing left leg forward and back, keeping it as straight as possible. Complete 20 swings.

3

Turn to face chair or car and rest left hand lightly on surface. Swing right leg out to right side and then across in front of left leg. Complete 20 swings. Return to start and repeat everything on opposite leg.



THORACIC MOBILIZER

If you sit with your hands on a steering wheel, or at a computer for hours, your shoulders tend to roll forward. This exercise will open up your chest and improve your posture. Complete 10 reps on each side.



1

Stand straight with feet hip-width apart, in front of a chair.

2

Rest right hand lightly on back of chair and bend forward until your back is flat. Extend left leg straight out behind you. Reach left arm across body to the right as far as possible.

3

Rotate torso to the left and reach left arm toward ceiling as far as possible. Return to start and repeat.



SINGLE-LEG SQUAT

This is a great lower-body exercise because it improves strength and balance at the same time. Complete 10 reps on each side.



1

Stand straight with left foot on floor, right leg bent and foot resting on a chair behind you.

2

Slowly bend left knee until it's at a 90-degree angle to the floor. Contract glutes and return to start.



YOGA PUSH-UP

This full-body move targets your upper body.
Complete 5 to 10 reps.



1

Start in downward dog with hands and feet on floor and hips raised.

2

Slowly bend elbows and lower chest to the floor.
Keep head lifted.

3

When you can't bend elbows further, move upper body forward through arms, lifting chest up and lowering bottom, similar to upward dog. Lift hips and return to start.

