

What does a painless total body workout look like? It's one you can do any time, without even changing your clothes. You don't even have to wear shoes, if you don't want to! We start with standing moves and then you'll move to a chair for some upper body work using a med ball or a weight. This workout is perfect for when you're just not feeling it. Do it in your pajamas! For the record, I'm using a 6 lb med ball.

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### Warm Up



Warm up with about 5 minutes of light cardio - step touch, march in place, raise your hands in that air (like you just don't care)

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### Med Ball Knee Pulls



Hold a med ball or weight and use put the left foot on a Gliding Disc, paper plate or towel (if you're on hardwood floor). Slide the left leg back as you reach forward with the med ball. Come back to start and repeat for 15 slow reps on each side.

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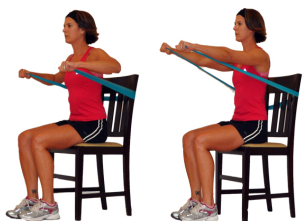
### Med Ball Wood Chop



Start with feet together, med ball up and to the left. Step out to the right and swing the med ball diagonally towards the right hip. Step back and repeat for 15 reps and switch sides.

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### Chest Press with Band



Sitting in a chair, wrap a band around the back of it and grab onto either side, pulling the band under the arm pits. Keeping tension on the band, press the arms straight out and bring them back to 90 degrees for 15 reps.

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### Front Raist to Tri Extension



Using a weight or med ball, lift the weight straight up to shoulder level, arms straight. Hold briefly and lift the weights overhead bending the elbows and taking weights behind the head. Go back to start and repeat for 15 reps.

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## Med Ball Exchange



Hold a med ball or weight in right hand and curl the weight into a curl. Take the ball up overhead and grab it with the other hand, taking it all the way down to the left. Repeat for 15 reps.

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## Seated Lateral Raise



Sitting with good posture, abs engaged, lift light weights up to the side just to shoulder level, elbows slightly bent. Lower and repeat for 15 reps.

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## Seated OH Press



Hold weights with elbows bent and next to the ears, like a goal post. Press the weights overhead and then bring them back down. Repeat for 15 reps.

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## Seated Rotations



Sit holding a med ball or weight, sitting up straight with the abs braced. Squeezing the weight slowly rotate to the left, all the movement coming from the torso. Come back to center and rotate to the other side. Squeeze the weight the entire time. Repeat for 15 reps.

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## Upper Back Stretch



Sitting in a chair, lace the fingers together and stretch them forward, rounding through the upper back and relaxing the head. It's like you're making a c-shape. Contract the abs for a deeper stretch. Hold for 15-30 seconds.

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## Hip Stretch



Sitting in chair, cross the right foot over the left knee and lean forward, feeling a stretch in the hip and glute. Hold for 15-30 seconds and repeat on the other side.

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**Rest for about 1 minute and repeat the circuit if you like.**