

Sitters guide to movement

By FLEXXIN FITNESS

The impact of movement can be profound. You'll burn more calories. leading to fat loss and increased energy. Also helps maintain muscle tone, your ability to move and your mental well-being, especially as you age.

Office Stretch

equipment needed:
office chair



Press
here



Press
here

Sitters Workout

equipment needed:
*stability ball, yoga mat,
dumbbells, foam roller, kettle
bell, resistant tub, step-up*

Back Pain Relief

equipment needed:
*stability ball, yoga mat,
foam roller*

Press
here



FLEXXIN FITNESS call/text 954-860-7353

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