

Exercise at Home Resources

Chair Yoga

YOU-Fit: Exercises for EveryBODY



Poster: tiny.utk.edu/ChairYoga

Fact sheet: tiny.utk.edu/ChairYogaDir

Strength Training

Pump It Up: Strength Training Basics Using Free Weights

Get Pumped: Seated Strength Training Basics



Poster: tiny.utk.edu/PumpItUp

Fact sheet: tiny.utk.edu/PumpItUpDir



Poster: tiny.utk.edu/GetPumped

Fact sheet: tiny.utk.edu/GetPumpedDir

Strength Training with Stability Balls

Strength Training with Medicine Balls



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Poster: tiny.utk.edu/MedBalls

Fact sheet: tiny.utk.edu/MedBallsDir

Floor Exercise

Hit the Floor: Strength Training With Floor Exercises



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 Fact sheet: tiny.utk.edu/FloorDir

Back to Basics: Exercises for Low Back Injury Prevention



Poster: tiny.utk.edu/LowBack
 Fact sheet: tiny.utk.edu/LowBackDir

Seated Exercises

Deskercise – Sit, Stretch, Strengthen



Poster: tiny.utk.edu/SitStretch
 Fact sheet: tiny.utk.edu/SitStretchDir

Deskercise – Small Joints are a Big Deal



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 Fact sheet: tiny.utk.edu/SmallJointsDir

Deskercise – Unfold, Extend, and Relax



Poster: tiny.utk.edu/Unfold
 Fact sheet: tiny.utk.edu/UnfoldDir

Yoga for Kids

Yoga for Kids



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Yoga for Kids Basics



Poster: tiny.utk.edu/YogaKids2
Fact sheet: tiny.utk.edu/YogaKids2Dir