



# BEYONDWEIGHT

— STRONG. HEALTHY. CONFIDENT. FOR LIFE. —

# THE EVERY HOUR CHAIR WORKOUT

The 3-Minute Exercise Habit  
for Busy High-Achieving Women

*Move More. Build Strength. Feel Better.*



You don't need a gym.



You don't need workout clothes.



You don't need an hour.

You just need  
a chair and **3 minutes.**

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## WHY THIS WORKS

### *The Problem Isn't Motivation.*

Most women don't struggle because they don't care. They struggle because they sit for hours at a time.

Research shows that **breaking up prolonged sitting** with short movement breaks can improve:



#### ENERGY

More energy to power your day.



#### FOCUS

Better focus and concentration.



#### BLOOD SUGAR REGULATION

More stable energy and fewer cravings.



#### MUSCLE PRESERVATION

Maintain and build lean muscle.



#### POSTURE

Improve posture and reduce back pain.



#### PRODUCTIVITY

Get more done with less fatigue.



### *The Secret?*

**Stop** waiting for the perfect workout.  
**Start** collecting movement throughout your day.

### YOUR NEW RULE



**1** Set a timer.



**2** Complete one quick circuit.



**3** Get back to work.

*That's it.*

Small steps. Big results.

### YOUR DAILY TOTALS (5X PER DAY)



**50 CHAIR SQUATS**



**50 INCLINE PUSH-UPS**



**100 SPLIT SQUATS  
(EACH LEG)**



**100 MOUNTAIN CLIMBERS**



**50 TRICEP DIPS**



**ALL IN LESS THAN  
15 MINUTES TOTAL!**



*Done is better than perfect.*

Consistency over intensity.  
Every hour counts.



**3 MINUTES**  
Every Hour



**5X PER DAY**  
(or more!)



#### YOUR GOAL

Move More. Stay Strong.  
Feel Energized.



# YOUR EVERY HOUR CIRCUIT

## EXERCISES 1 & 2

### 1 CHAIR SQUATS

10 REPS



#### HOW TO:

- 1 Stand in front of chair.
- 2 Push hips back.
- 3 Lightly tap chair.
- 4 Stand back up.

#### FEEL IT:

Glutes • Legs • Core



#### COACH'S TIP:

Pretend you're closing a car door with your hips.

### 2 INCLINE PUSH-UPS

10 REPS



- ✓ Straight line from head to heels.



- ✓ Chest lowers toward chair. Elbows at approximately 45 degrees.

#### HOW TO:

- 1 Place hands on chair, slightly wider than shoulders.
- 2 Step back and engage core.
- 3 Lower chest toward chair, elbows at ~45 degrees.
- 4 Push back up to start.

#### FEEL IT:

Chest • Shoulders • Arms



#### COACH'S TIP:

May push up against a wall for more stability.



*Small steps every hour.*  
**BIG RESULTS EVERY DAY.**



**3 MINUTES EVERY HOUR**  
Stronger. Healthier. For life.

# 3

## SPLIT SQUATS (EACH LEG)

10 REPS

### START POSITION

Stand tall  
engage core

Hips stacked  
over front knee  
and ankle

Front foot  
one leg length  
in front of chair

Only the top  
of your foot  
rests on  
the chair

### HOW TO:

- 1 Stand tall with one foot forward.
- 2 Place the top of your other foot on the chair behind you.
- 3 Lower your back knee toward the floor.
- 4 Push through your front heel to stand back up.

### FEEL IT:

Quads • Glutes • Balance



### COACH'S TIP:

If balance is challenging, stand behind a chair and perform stationary lunges, or lightly hold a wall for support.



# YOUR EVERY HOUR CIRCUIT

## EXERCISES 3, 4 & 5

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### SPLIT SQUATS (OR SUPPORTED LUNGES) 10 REPS EACH LEG



START POSITION

Stand one leg length in front of chair.  
Only the top of your rear foot  
rests on the chair.



LOWER POSITION

Lower your back knee  
toward the floor.

#### HOW TO:

- 1 Stand one leg length in front of chair.
- 2 Place only the top of your rear foot on chair.
- 3 Keep your torso tall and core engaged.
- 4 Lower your back knee toward the floor.
- 5 Push through your front heel to return to start.

#### FEEL IT:

- ✓ Quads | ✓ Glutes | ✓ Balance



#### COACH'S TIP:

If balance is challenging, stand behind a chair and perform stationary lunges, or lightly hold a wall for support.

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### MOUNTAIN CLIMBERS 20 TOTAL REPS



POSITION A

Drive right knee  
toward chest.



POSITION B

Alternate – drive left knee  
toward chest.

#### HOW TO:

- 1 Place hands on chair.
- 2 Step back into a plank position.
- 3 Drive one knee toward your chest.
- 4 Switch legs quickly and continue alternating.

#### FEEL IT:

- ✓ Core | ✓ Shoulders | ✓ Cardio



#### COACH'S TIP:

Move at a pace that allows you to keep your hips stable and core engaged.

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### TRICEP DIPS 10 REPS



START POSITION

Hands on edge of chair,  
arms straight.



LOWER POSITION

Lower your body by bending  
your elbows.

#### HOW TO:

- 1 Sit on the edge of the chair.
- 2 Place hands next to your hips, fingers facing forward.
- 3 Slide off the chair and lower your body by bending your elbows.
- 4 Keep elbows close to your sides.
- 5 Push through your arms to lift back up.

#### FEEL IT:

- Triceps | ✓ Shoulders | ✓ Upper Body



#### COACH'S TIP:

Keep shoulders down and away from your ears throughout the movement.



ONE CIRCUIT.  
FIVE MOVES.

*Big Impact.*

- ✓ 1 set of each exercise
- ✓ About 3 minutes
- ✓ Repeat every hour
- ✓ Consistency beats perfection



3 MINUTES  
*Every Hour.*

Stronger. Healthier. For life.



5X PER DAY  
(OR MORE!)

*Consistency is power.*



YOUR GOAL

*Move More.  
Stay Strong.  
Feel Energized.*