



## CYCA at Home Workout Plan - Beginner

Exercise Name	Reps	Sets
BLOCK ONE		
Sit-to-Stand	12	2
Knee Raise	10 per side	2
Seated Leg Extension	10 per side	2
Calf Raise	12	2
BLOCK TWO		
Wall Push-up	12	2
Seated Arm Circle - Forward	20	2
Seated Arm Circle - Backward	20	2
Seated Overhead Reach	20	2
BLOCK THREE		
Seated Torso Twist	10 per side	2
Seated Toe Reach	10 per side	2
Seated Side Crunch	10 per side	2