



NUTRITION & AEROBIC TRAINING SERVICE

[www.natstotalefit.com](http://www.natstotalefit.com)

1-888-NATS-FIT

## Upper & Lower Body Toning using chair

(NOTE: When toning with the NATS Total E Fit, the possibilities are endless. These are just a few ideas to get you started.)



Attach carabineer and get a firm chair.



Bicep



Tricep



Chest- Bring elbows together



Chest



Triceps- arm bends at the elbow and then straighten back up



Shoulders



Shoulders



Upper Back



Sides of Waist



Sides of waist



Attach your ankle cuff to do a lower body routine



Top of thigh



Inner thigh



Outer thigh



Top of thigh and abs



Glutes and hamstring