PRINTABLE 28-DAY PROGRAM

28-Day Chair *Tai Chi* Challenge

A gentle, seated daily practice for balance, mobility and calm. 12 seated moves, a day-by-day plan and trackers, built for women who want to move more without getting down on the floor.

10–20 MIN A DAY | NO EQUIPMENT | ALL LEVELS



Created by
Coach Luke

NASM-CPT · CES · PES
coachluke.com

WELCOME

Small, slow moves. Done every day.

Tai chi is often called “meditation in motion.” It is slow, smooth and kind to your joints, and it works just as well from a chair. This challenge gives you 12 seated moves and a simple plan that builds a little each week, so in 28 days you go from your first breath to a full 20-minute flow.

You do not need to be flexible, fit or “good at” anything. You only need a sturdy chair and a few minutes a day.

WHAT’S INSIDE

- Before-you-start safety and chair setup
- The 5 tai chi basics
- 12 illustrated seated moves with easier and harder options
- 28-day calendar and 4 weekly routines
- Daily check-in tracker
- Day 1 vs Day 28 reflection
- One-page quick-reference poster
- **Bonus:** morning, evening and desk-break mini-flows, a Weeks 5–8 plan and your certificate
- **Free:** 28 days of coaching emails (see next page)

WHAT YOU MAY NOTICE

- Shoulders and upper back feel looser
- Sitting and standing taller
- A calmer, slower breath
- Steadier, more confident movement
- A daily habit you actually enjoy

Everyone is different. Go at your own pace.

ABOUT YOUR COACH

I’m Coach Luke, a NASM-certified personal trainer (CPT, CES, PES) and NESTA nutrition coach with 20+ years in health and fitness. I’ve trained in seven martial arts, including tai chi, and I write no-gimmick fitness and nutrition guides for women at coachluke.com.

YOUR FREE BONUS

A coach in your inbox for all 28 days

Get a short email from me each day of your challenge, with that day's focus, one form tip and a little encouragement to keep you going.

- **28 daily coaching emails** that match your calendar, so you always know what today is about
- **Form fixes** for the moves most people get wrong
- **Access to my Free Resource Library** of printable guides
- **My Tuesday Weekly Reads newsletter** with no-gimmick tips (unsubscribe any time)

Scan with your phone camera
or visit **coachluke.com/taichi-bonus**

How to start: sign up before Day 1, and your first email arrives within a few minutes. Today becomes Day 1. This bonus is optional: everything you need for the challenge is already in this PDF.

I'll only use your email to send the coaching emails and my newsletter. No spam, and you can unsubscribe in one click.

BEFORE YOU START

Set up for a safe, comfortable practice

YOUR CHAIR

- Sturdy, armless if possible, with no wheels
- Placed against a wall so it can't slide
- Feet flat on the floor, knees about level with hips
- Sit near the front edge with your back tall

HOW TO USE THIS PLAN

- Follow the calendar one day at a time
- Read each new move once before you try it
- Tick the box when you finish a session
- Missed a day? Just pick up where you left off

MOVE WITHIN COMFORT

- Work at about 5 out of 10 effort, never strain
- Smaller range is fine; smooth is the goal
- Keep breathing; never hold your breath
- Choose the "easier" option on tired days

STOP AND REST IF YOU FEEL

- Sharp or joint pain
- Dizziness or light-headedness
- Chest pain or unusual shortness of breath
- Anything that doesn't feel right

Important: This program is for general fitness and educational purposes only and is not medical advice. Check with your doctor or physical therapist before starting any new exercise program, especially if you have a health condition, recent injury or surgery, balance concerns, or are pregnant.

THE BASICS

5 principles that make it tai chi

1

Sit tall

Imagine a string gently lifting the crown of your head. Feet grounded, spine long, chin slightly tucked.

2

Soft joints

Shoulders down and relaxed, elbows and wrists soft. Nothing locked, nothing gripping.

3

Breathe low

Breathe into your belly. In general: open or rise on the inhale, lower or push on the exhale.

4

Go slow

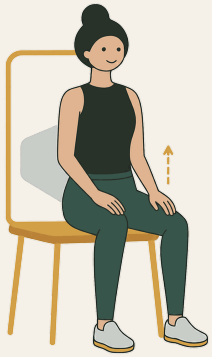
Move at about half your normal speed. Slow movement builds control, balance and calm.

5

Stay smooth

No pauses or jerks. Let each move melt into the next, like a slow river.

Keep these five in mind during every move. They matter more than getting the arm positions “perfect.”



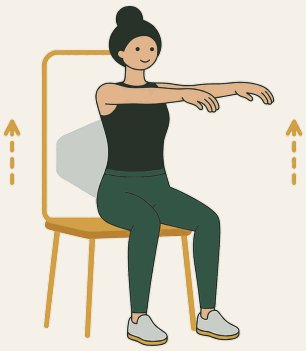
01

Centering Breath

CALM · POSTURE

1. Sit tall near the front of the chair, feet flat and hip-width apart.
2. Rest your hands on your thighs. Soften your shoulders and jaw.
3. Breathe in slowly through your nose for a count of 4, letting your belly expand.
4. Breathe out through your nose or softly parted lips for a count of 6.

DO	EASIER	HARDER
6 slow breaths	Lean against the backrest.	Lengthen the exhale to a count of 8.



02

Rise & Fall

SHOULDERS · BREATH

1. Start with your arms relaxed by your sides, palms facing down.
2. Inhale and let your wrists float up in front of you to shoulder height.
3. Exhale, bend your elbows slightly and press your palms slowly down to your lap.
4. Move like your hands are floating on water.

DO	EASIER	HARDER
8 rounds	Lift only to chest height.	Take 6 full seconds to rise and 6 to fall.



03

Hold the Ball

SHOULDERS · FOCUS

1. Bring your right hand to chest height, palm facing down.
2. Bring your left hand to belly height, palm facing up, as if holding a beach ball.
3. Breathe 3 times, keeping your shoulders down and elbows soft.
4. Slowly switch: left hand on top, right hand below.

DO
3 breaths each side, 2 rounds

EASIER
Hold a smaller ball close to your body.

HARDER
Hold a bigger ball with your arms further out.



04

Cloud Hands

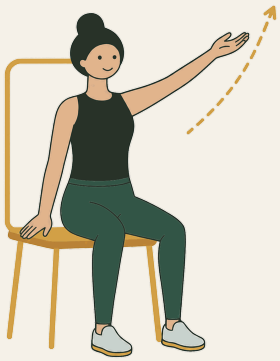
WAIST TURN · COORDINATION

1. One hand at face height, palm facing you; the other at belly height, palm down.
2. Turn your upper body gently to one side, letting your hands drift with you.
3. At the end of the turn, switch hands: the top hand floats down, the bottom hand floats up.
4. Turn to the other side. Keep your eyes following the top hand.

DO
6 slow turns each side

EASIER
Make smaller turns and keep hands closer.

HARDER
Slow the turn down to a count of 5.



05

Part the Wild Horse's Mane

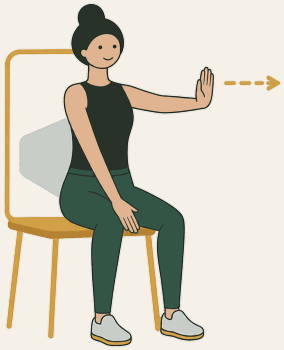
CHEST OPENER · POSTURE

1. Start in Hold the Ball with your right hand on top.
2. Exhale as your left hand sweeps up and out on a diagonal, palm facing up at eye height.
3. At the same time, your right hand presses down beside your right hip.
4. Return to Hold the Ball and repeat on the other side.

DO
6 each side

EASIER
Sweep only to shoulder height.

HARDER
Turn your upper body slightly toward the rising hand.



06

Brush Knee & Push

COORDINATION · UPPER BODY

1. Turn slightly to the left and let your left hand brush down past your left knee.
2. Bring your right hand up beside your right ear, palm facing forward.
3. Exhale and push your right palm slowly forward to chest height as you face front.
4. Relax and repeat on the other side.

DO
6 each side

EASIER
Skip the turn and just brush and push.

HARDER
Push for a slow count of 5.



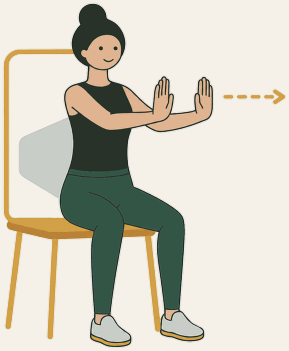
07

Repulse the Monkey

SHOULDERS · UPPER BACK

1. Reach your right hand forward at chest height, palm facing out.
2. Draw your left hand back beside your left hip, palm up.
3. Circle the left hand up past your ear and push it forward as the right hand draws back.
4. Keep alternating smoothly, like a slow-motion pedal with your arms.

DO	EASIER	HARDER
8 each side	Keep the circles small.	Look over the shoulder of the hand drawing back.



08

Grasp the Bird's Tail

ARMS · ROUNDED BACK

1. Round your arms in front of your chest as if hugging a large tree.
2. Inhale and draw your hands in toward your chest, elbows heavy.
3. Exhale and press both palms gently forward, like moving a curtain.
4. Keep the shoulders relaxed and the movement smooth.

DO	EASIER	HARDER
8 rounds	Draw in and press only halfway.	Pause for one breath at the end of each press.



09

Single Whip

SHOULDERS · UPPER BACK

1. Sit tall and float both arms out to your sides at shoulder height.
2. Gather the fingertips of one hand into a soft “hook”; keep the other palm open.
3. Breathe slowly 3 times, lengthening from fingertip to fingertip.
4. Lower your arms slowly, rest, and switch the hook hand.

DO	EASIER	HARDER
3 breaths each side, 2 rounds	Keep your elbows slightly bent.	Hold for 5 breaths each side.



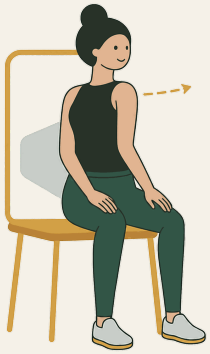
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Golden Rooster

LEGS · BALANCE

1. Hold the edge of the seat with one hand if you like.
2. Lift one knee a few inches as the hand on the same side floats up to face height.
3. Your other hand presses gently down beside your hip.
4. Lower slowly and switch sides. Stay tall through the crown of your head.

DO	EASIER	HARDER
6 each side	Keep both hands on the seat and just lift the knee.	Hold the lifted knee for 3 slow breaths.



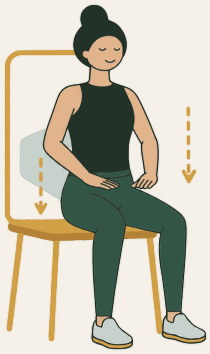
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Turning the Waist

SPINE · MOBILITY

1. Sit tall with hands resting on your thighs.
2. Exhale and turn your upper body gently to the right, eyes leading the way.
3. Inhale back to center. Exhale and turn to the left.
4. Turn only as far as is comfortable; your hips stay facing forward.

DO	EASIER	HARDER
6 each side	Make the turn smaller.	Add Cloud Hands arms to each turn.



12

Closing Form

CALM · RECOVERY

1. Float your arms out and up in a wide circle on an inhale.
2. Exhale and lower your palms slowly down the front of your body.
3. Rest your hands on your belly or thighs.
4. Sit still for a few breaths and notice how you feel.

DO	EASIER	HARDER
3 rounds + 3 quiet breaths	Keep the circle small.	Close your eyes for the final breaths.

YOUR 28 DAYS AT A GLANCE

The challenge calendar

Tick each day as you go. Easy Days keep the habit going while your body recovers.

WEEK 1 · FOUNDATIONS · 10 MIN

1	2	3	4	5	6	7
Week 1 routine	Week 1 routine	Week 1 routine	Week 1 routine	Week 1 routine	Week 1 routine	Easy Day · 5 min

WEEK 2 · FLOW · 12–15 MIN

8	9	10	11	12	13	14
Week 2 routine	Week 2 routine	Week 2 routine	Week 2 routine	Week 2 routine	Week 2 routine	Easy Day · 5 min

WEEK 3 · STRENGTH & BALANCE · 15 MIN

15	16	17	18	19	20	21
Week 3 routine	Week 3 routine	Week 3 routine	Week 3 routine	Week 3 routine	Week 3 routine	Easy Day · 5 min

WEEK 4 · FULL FLOW · 20 MIN

22	23	24	25	26	27	28
Week 4 routine	Week 4 routine	Week 4 routine	Week 4 routine	Full flow × 2	Full flow × 2	Final flow ★

WEEK 1 OF 4 · 10 MIN

Foundations

Learn the first moves slowly. Smooth beats big. Your only job this week is to show up.

		MOVE	DO
01		**Centering Breath**	6 slow breaths
02		**Rise & Fall**	8 rounds
03		**Hold the Ball**	3 breaths each side, 2 rounds
04		**Cloud Hands**	6 slow turns each side
12		**Closing Form**	3 rounds + 3 quiet breaths

COACH TIP Set a daily cue: right after your morning coffee or before dinner works well.

DAY 7 Easy Day: Centering Breath, Rise & Fall, Turning the Waist and Closing Form (5 min)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
☐	☐	☐	☐	☐	☐	☐

WEEK 2 OF 4 · 12–15 MIN

Flow

Link the moves together without stopping. Let one move melt into the next.

		MOVE	DO
01		**Centering Breath**	6 slow breaths
02		**Rise & Fall**	8 rounds
03		**Hold the Ball**	3 breaths each side, 2 rounds
04		**Cloud Hands**	6 slow turns each side
05		**Part the Wild Horse's Mane**	6 each side
06		**Brush Knee & Push**	6 each side
07		**Repulse the Monkey**	8 each side
12		**Closing Form**	3 rounds + 3 quiet breaths

COACH TIP Match the movement to your breath: rise or open on the inhale, lower or push on the exhale.

DAY 14 Easy Day: Centering Breath, Rise & Fall, Turning the Waist and Closing Form (5 min)

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
☐	☐	☐	☐	☐	☐	☐

WEEK 3 OF 4 · 15 MIN

Strength & Balance

Add the leg and posture moves. Slow everything down by about a third.

		MOVE	DO
01		**Centering Breath**	6 slow breaths
02		**Rise & Fall**	8 rounds
03		**Hold the Ball**	3 breaths each side, 2 rounds
04		**Cloud Hands**	6 slow turns each side
05		**Part the Wild Horse's Mane**	6 each side
06		**Brush Knee & Push**	6 each side
07		**Repulse the Monkey**	8 each side
08		**Grasp the Bird's Tail**	8 rounds
09		**Single Whip**	3 breaths each side, 2 rounds
10		**Golden Rooster**	6 each side
12		**Closing Form**	3 rounds + 3 quiet breaths

COACH TIP Slower is harder. If a move feels easy, take twice as long to do it.

DAY 21 Easy Day: Centering Breath, Rise & Fall, Turning the Waist and Closing Form (5 min)

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
☐	☐	☐	☐	☐	☐	☐

WEEK 4 OF 4 · 20 MIN

Full Flow

Practice the full 12-move flow. On days 26–28, repeat the whole flow twice if you feel good.

		MOVE	DO
01		**Centering Breath**	6 slow breaths
02		**Rise & Fall**	8 rounds
03		**Hold the Ball**	3 breaths each side, 2 rounds
04		**Cloud Hands**	6 slow turns each side
05		**Part the Wild Horse's Mane**	6 each side
06		**Brush Knee & Push**	6 each side
07		**Repulse the Monkey**	8 each side
08		**Grasp the Bird's Tail**	8 rounds
09		**Single Whip**	3 breaths each side, 2 rounds
10		**Golden Rooster**	6 each side
11		**Turning the Waist**	6 each side
12		**Closing Form**	3 rounds + 3 quiet breaths

COACH TIP Notice what has changed since Day 1: posture, calm, how easy it is to start.

DAY 28 Final flow: the full 12-move flow, twice through if you feel good. Then fill in your Day 28 reflection.

Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
☐	☐	☐	☐	☐	☐	☐

DAILY CHECK-IN

Track your 28 days

DAY	MIN	ENERGY 1–5	NOTES
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			

DAY	MIN	ENERGY 1–5	NOTES
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			

Energy: 1 = drained, 5 = great. Use Notes for anything you noticed: a stiff shoulder, a better night's sleep, a move that clicked.

REFLECTION

Day 1 vs Day 28

Answer the left side before your first session and the right side after Day 28. The difference is your progress.

DAY 1

How does my posture feel when I sit?

How do my shoulders and neck feel?

How calm do I feel after a session? (1–10)

Which move feels easiest? Which is hardest?

Why did I start this challenge?

DAY 28

How does my posture feel when I sit?

How do my shoulders and neck feel?

How calm do I feel after a session? (1–10)

Which move feels easiest? Which is hardest?

Why did I start this challenge?

QUICK REFERENCE · PRINT & KEEP BY YOUR CHAIR

The 12-move flow



01

Centering Breath



02

Rise & Fall



03

Hold the Ball



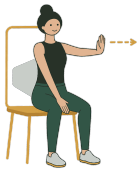
04

Cloud Hands



05

Part the Wild Horse's Mane



06

Brush Knee & Push



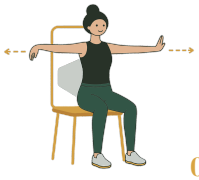
07

Repulse the Monkey



08

Grasp the Bird's Tail



09

Single Whip



10

Golden Rooster



11

Turning the Waist



12

Closing Form

Sit tall · Soft joints · Breathe low · Go slow · Stay smooth

BONUS · MINI-FLOWS

Short on time? Do a 5-minute flow

Use these on busy days, or add one to your day for an extra boost. Same rules: slow, smooth, breathing low.

5 MIN · MORNING

Morning Wake-Up

Gently wakes up your spine, shoulders and breath.

 **Centering Breath**	3 breaths
 **Rise & Fall**	5 rounds
 **Turning the Waist**	4 each side
 **Cloud Hands**	4 turns each side
 **Closing Form**	1 round

5 MIN · EVENING

Evening Wind-Down

Slower and softer to help you relax before bed.

 **Centering Breath**	6 breaths, long exhale
 **Hold the Ball**	2 breaths each side
 **Rise & Fall**	4 very slow rounds
 **Closing Form**	3 rounds + quiet breaths

BONUS · DESK BREAK

The 2-minute desk reset

2 MIN · AT YOUR DESK

Desk Reset

Do this every hour or two when you have been sitting for a while. Cut it out and keep it by your desk.

	**Centering Breath**	3 breaths
	**Rise & Fall**	4 rounds
	**Turning the Waist**	3 each side
	**Single Whip**	2 breaths each side

MAKE IT STICK

Stack it

Attach practice to something you already do daily: after coffee, before lunch, after the evening news.

Set the stage

Leave your chair and this plan in the same spot so starting takes zero effort.

Two-minute rule

On low days, just do Centering Breath and Closing Form. Showing up keeps the habit alive.

Track it

Tick the calendar right after each session. Seeing the chain grow is motivating.

BONUS · KEEP GOING

Weeks 5–8: your next month

The benefits of tai chi come from regular practice. This simple plan keeps you moving after Day 28.

Week 5	Full flow, 4–5 days. Pick 3 moves and use their “harder” option.
Week 6	Full flow, 4–5 days, at a slower tempo: take about 2 breaths per movement.
Week 7	Full flow on 3 days, full flow twice through on 2 days. Mini-flows on rest days.
Week 8	Choose your 6 favorite moves for a custom flow, then redo your Day 28 reflection.

Tick off each day you practice:

29 ☐	30 ☐	31 ☐	32 ☐	33 ☐	34 ☐	35 ☐
36 ☐	37 ☐	38 ☐	39 ☐	40 ☐	41 ☐	42 ☐
43 ☐	44 ☐	45 ☐	46 ☐	47 ☐	48 ☐	49 ☐
50 ☐	51 ☐	52 ☐	53 ☐	54 ☐	55 ☐	56 ☐

CERTIFICATE OF COMPLETION

28-Day Chair *Tai Chi* Challenge

This certifies that

_____

showed up for herself for 28 days, practiced with patience, and built a habit that supports balance, mobility and calm.

_____
Date completed

Coach Luke
Coach Luke · NASM-CPT, CES, PES



YOU DID IT

28 days. Now keep going.

Finishing this challenge means you built a real daily habit. To keep the benefits, keep practicing the full flow 3 to 5 times a week. Some ideas for what's next:

- Repeat the challenge using the "harder" options
- Do the full flow twice through on days you have more time
- Pair your practice with a short daily walk
- Use the Weeks 5–8 plan and the mini-flows in this guide
- Not on the free coaching emails yet? Join at **coachluke.com/taichi-bonus** for more free printables and my weekly newsletter

Loved this challenge? Reply to any of my coaching emails and tell me how it went. I read every one. Thank you!

— Coach Luke

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