PRINTABLE GUIDE · 4 WEEKS · NO FLOOR WORK

28-Day Chair *Tai Chi* Challenge for Men

Seated tai chi for strength, balance and mobility after 50



12 illustrated moves | 10 to 20 min a day | Built for men 50+

Your 28-day calendar, weekly routines, a progress check-in,
a strength builder for your legs and the martial roots of every move.

Coach Luke

NASM-CPT, CES, PES · NESTA Nutrition Coach · 20+ years in fitness & martial arts

COACHLUKE.COM

WELCOME

A note before Day 1

Why tai chi, why sitting down, and how to use this guide

Most men I train over 50 tell me the same thing: the strength is still in there, but the body feels tighter every year. Shoulders that do not reach like they used to. Hips that complain getting out of the car. A little less sure-footed on the stairs.

Tai chi is one of the best tools I know for exactly that. It is a martial art first: slow, deliberate movements that build control, leg strength, rotation and balance. Done from a chair, it takes the fall risk and the floor out of the equation, so you can practice every day, even on a sore day.

I have trained in seven martial arts, from boxing and Muay Thai to Wing Chun and tai chi, and coached people for over 20 years. This plan is what I give men who want to stay strong, loose and steady for the long haul. No chanting, no flexibility tests, no getting down on the floor. Just 10 to 20 focused minutes a day.

— Coach Luke

HOW TO USE THIS GUIDE

1. Read the safety page and the 5 basics (pages 3 and 4).
2. Learn the 12 moves (pages 6 to 11). Start with moves 1 to 4.
3. Do your Day 1 check-in (page 13) so you can see your progress.
4. Follow the calendar (page 14) and the weekly routines (pages 15 to 18).
5. Tick off each day on the tracker. Re-test on Day 14 and Day 28.
6. Scan the QR code on the last page for your free daily coaching emails.

12	28	10-20	0
illustrated moves	days, step by step	minutes a day	floor work

BEFORE YOU START

Safety & chair setup

Two minutes of reading that make every session better

Check with your doctor first

Especially if you have heart or blood pressure concerns, recent surgery, joint replacements, or have been told to avoid certain movements.

Use a sturdy chair

No wheels, no swivel, no folding chairs. Armless is best. Seat height where your thighs are level and feet are flat.

Clear your space

Room to stretch your arms out to both sides and in front. Wear comfortable clothes and flat shoes or bare feet.

Move in the comfortable range

Mild effort and a gentle stretch are good. Sharp pain, pinching, numbness or dizziness mean stop.

Breathe, never hold it

Holding your breath raises pressure. Keep breathing slowly through every move, especially the holds.

Stand up slowly

After a session, pause for a few breaths before you stand. Sit-to-stands are done next to a wall or counter.

HOW HARD SHOULD IT FEEL?

1-2	3-4	5-6	7+
Very easy	**Comfortable**	**Working**	**Too hard**
Warm-up, breathing	Most of your practice	Holds, sit-to-stands	Ease off or rest

STOP AND GET HELP IF YOU FEEL

Chest pain or pressure, unusual shortness of breath, a racing or irregular heartbeat, dizziness or lightheadedness, or sudden numbness or weakness. Stop right away and call your doctor or emergency services.

This guide is general fitness education, not medical advice. Follow your doctor's guidance and practice at your own pace.

THE FOUNDATION

The 5 tai chi basics

Get these right and every move works better

1

Sit tall, sit forward

Scoot to the front half of the chair with your feet flat. A tall spine lets your shoulders and hips move freely.

2

Slow is the point

Move about as slowly as you breathe. Slow builds control, strength and balance far better than fast.

3

Soft joints

Keep elbows, wrists and knees slightly bent. Never lock out or force a stretch.

4

Breathe low

Breathe into your belly. In through the nose as the arms open or rise, out as they close or sink.

5

The waist leads

Turn from your waist and hips first; let the arms follow. This is where the real core work happens.

COACH LUKE'S RULE

If you can hold a conversation while you practice, you are at the right pace. Tai chi is slow on purpose: moving slowly under control is what builds strength and balance.

EVERY SESSION

Warm-up & cool-down

Start and finish every routine with these, 1 to 2 minutes each

BEFORE

Warm-up

- **Neck turns**
  5 slow each way
- **Shoulder rolls**
  8 back, 4 forward
- **Fist clench & spread**
  10 reps
- **Wrist circles**
  8 each way
- **Seated marching**
  20 steps
- **Ankle circles**
  8 each foot

AFTER

Cool-down

- **Seated forward fold**
  3 breaths
- **Chest opener (hands behind head)**
  3 breaths
- **Gentle seated twist**
  3 breaths each side
- **Belly breathing**
  1 minute

WHY THE FIST CLENCH?

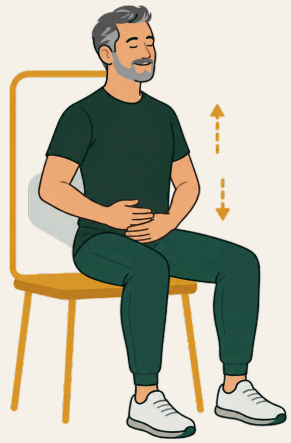
Grip strength is one of the simplest markers of overall strength as we age, and it fades fast if you never train it. Clench both fists hard for a second, then spread the fingers as wide as you can. Ten of those at the start of every session, plus the hook hand in Single Whip and the fist in Parry & Punch, keep your hands strong and your knuckles moving.

THE 12 MOVES

Moves 1 & 2

Each figure shows the finish position · amber arrow = direction

6 breaths



MOVE 1 · POSTURE & BREATHING

Seated Stance & Belly Breath

1. Sit toward the front half of the chair, feet flat and hip-width apart.
2. Stack your head over your shoulders and your shoulders over your hips.
3. Rest both hands on your lower belly. Breathe in through your nose for 4 counts and let the belly push your hands out.
4. Breathe out for 6 counts and let the belly soften back in.

Coach cue: Tall spine, soft shoulders. Think "proud chest, relaxed jaw."

EASIER
Lean lightly against the backrest and breathe in for 3, out for 4.

HARDER
Take 6 slow breaths without touching the backrest at all.

Martial root: The "standing post" every tai chi fighter learns first

6 slow rounds



MOVE 2 · SHOULDERS & BREATH

Commencement (Raise the Arms)

1. Start with arms resting by your sides, palms facing back.
2. Breathe in and let both arms float forward and up to shoulder height, wrists soft.
3. Breathe out, bend the elbows slightly and press the palms slowly down to your thighs.
4. Keep the movement as slow as your breath.

Coach cue: Lift from the shoulders, not the neck. Shoulders stay down.

EASIER
Raise the arms only to chest height.

HARDER
Take a full 5 seconds up and 5 seconds down.

Martial root: The opening move of every Yang-style form

THE 12 MOVES

Moves 3 & 4

Each figure shows the finish position · amber arrow = direction

8 rounds



MOVE 3 · UPPER BACK & POSTURE

Open & Close the Chest

1. Hold your hands in front of your chest as if holding a large beach ball.
2. Breathe in and open the arms wide, squeezing the shoulder blades together.
3. Breathe out and bring the hands back in front of your chest.
4. Keep the elbows soft and slightly below shoulder height.

Coach cue: Squeeze the shoulder blades "into your back pockets."

EASIER
Open only as wide as feels comfortable for your shoulders.

HARDER
Pause for 2 seconds at the widest point each time.

Martial root: Builds the "spread" used to unbalance a grip

6 each side



MOVE 4 · WAIST TURN & COORDINATION

Cloud Hands

1. Raise one hand to face height, palm facing you. Your other hand rests low in front of your belly.
2. Turn your waist slowly and let the upper hand travel with it.
3. Switch hands: the lower hand rises, the upper hand sinks, and you turn back the other way.
4. Eyes follow the upper hand the whole time.

Coach cue: The waist leads, the arms are along for the ride.

EASIER
Make a smaller turn and keep the hands closer to your body.

HARDER
Slow it down to 6 seconds per side.

Martial root: A rolling deflection: the waist turns, the hands follow

Moves 5 & 6

Each figure shows the finish position · amber arrow = direction

5 each side



MOVE 5 · DIAGONAL REACH & CORE

Part the Wild Horse's Mane

1. Hold an imaginary ball at your right side, right hand on top.
2. Turn your torso slightly to the left as your left hand sweeps up and out on a diagonal, palm up.
3. At the same time, the right hand presses down beside your right hip.
4. Return to the ball and repeat on the other side.

Coach cue: Reach long through the fingers like you are parting tall grass.

EASIER
Keep the upper hand at chest height.

HARDER
Lift the upper hand to eye level and hold 2 seconds.

Martial root: A shoulder-and-arm split used to off-balance an opponent

5 each side



MOVE 6 · PUSHING STRENGTH

Brush Knee & Push

1. Start with both hands near your right shoulder.
2. Sweep your left hand down and across toward your left knee, as if brushing off dust.
3. At the same time, push your right palm forward at shoulder height and lean slightly forward from the hips.
4. Draw back to the start and switch sides.

Coach cue: Push from your back and hips, not just your arms.

EASIER
Stay upright with no forward lean.

HARDER
Press the push out slowly over 4 counts, as if moving a heavy door.

Martial root: Sweep a kick aside with one hand, strike with the other

Moves 7 & 8

Each figure shows the finish position · amber arrow = direction

6 each side



MOVE 7 · SHOULDER MOBILITY

Repulse the Monkey

1. Reach your left arm forward, palm up. Your right hand is back by your right hip.
2. Circle the right hand back, up past your ear and forward into a push.
3. As it passes, the left hand draws back to your left hip, palm up.
4. Keep alternating in a smooth wheel.

Coach cue: Turn your head to watch the hand that circles back.

EASIER
Keep the back hand low and skip the head turn.

HARDER
Add a slight torso turn toward the hand drawing back.

Martial root: A retreating strike: one hand pulls back while the other pushes

4 each side



MOVE 8 · PUSH & PULL RHYTHM

Grasp the Sparrow's Tail

1. Ward off: raise the right forearm in front of your chest, left hand near the right wrist.
2. Roll back: sit back into the chair and draw both hands toward your left hip.
3. Press: bring the hands together in front of your chest and press forward.
4. Push: open the hands, draw them in, then push forward at chest height.

Coach cue: Back and forth like a wave on the shore: never jerky.

EASIER
Do just roll back and push.

HARDER
Pause 2 seconds at the end of each push.

Martial root: The four core energies: ward off, roll back, press, push

Moves 9 & 10

Each figure shows the finish position · amber arrow = direction

3 each side



MOVE 9 · GRIP & ARM ENDURANCE

Single Whip

1. Make a "hook" with your right hand: fingertips gathered together, wrist bent, arm reaching out to the right.
2. Turn your torso to the left and sweep your left palm out to the left at shoulder height.
3. Hold the position with both arms long and shoulders relaxed for 3 breaths.
4. Lower both arms and repeat on the other side.

Coach cue: Squeeze the hook firmly; keep the open palm soft.

EASIER
Hold for 1 breath with elbows slightly bent.

HARDER
Hold for 5 breaths and sit tall without the backrest.

Martial root: The hooked hand traps, the open palm strikes

5 each side



MOVE 10 · HIP STRENGTH & BALANCE

Golden Rooster (Seated)

1. Sit tall near the front edge of the chair, hands resting on your thighs.
2. Lift your right knee a few inches off the seat as your right hand rises in front of your face.
3. Hold for 2 breaths, then lower the foot and hand slowly.
4. Switch sides.

Coach cue: Lift from the hip, not by rocking back.

EASIER
Lift the heel only and keep the toes down.

HARDER
Hold for 4 breaths and lift both arms.

Martial root: The knee rises to guard and strike

Moves 11 & 12

Each figure shows the finish position · amber arrow = direction

6 each side



MOVE 11 · GRIP, ARMS & REACTION

Parry & Punch

1. Make a loose fist with one hand at your hip.
2. Your other hand sweeps across in front of your chest, as if pushing an arm aside.
3. Turn your fist so the thumb faces up and punch slowly forward at chest height.
4. Squeeze the fist for one second at full reach, then draw it back.

Coach cue: Slow punch, tight fist at the end, relaxed everywhere else.

EASIER
Punch at half reach with a soft fist.

HARDER
Take 5 seconds to punch and 5 to draw back.

Martial root: Straight from the form: deflect, then a slow, solid punch

3 rounds



MOVE 12 · CALM & RECOVERY

Cross Hands & Closing

1. Bring both arms out wide and up in a big circle.
2. Cross the wrists in front of your chest, right wrist on the outside.
3. Turn the palms down and let both hands float down to your thighs.
4. Finish with 3 slow belly breaths.

Coach cue: End every practice a little calmer than you started.

EASIER
Make a smaller circle with the arms.

HARDER
Take 3 full breaths with the wrists crossed before lowering.

Martial root: The form always ends where it began: balanced and calm

KEEP IT BY YOUR CHAIR

The 12 moves at a glance

Your quick reference once you have learned the moves



1. Stance & Belly Breath

Posture & breathing · 6 breaths



2. Commencement

Shoulders & breath · 6 slow rounds



3. Open & Close

Upper back & posture · 8 rounds



4. Cloud Hands

Waist turn & coordination · 6 each side



5. Wild Horse's Mane

Diagonal reach & core · 5 each side



6. Brush Knee & Push

Pushing strength · 5 each side



7. Repulse the Monkey

Shoulder mobility · 6 each side



8. Sparrow's Tail

Push & pull rhythm · 4 each side



9. Single Whip

Grip & arm endurance · 3 each side



10. Golden Rooster

Hip strength & balance · 5 each side



11. Parry & Punch

Grip, arms & reaction · 6 each side



12. Cross Hands & Closing

Calm & recovery · 3 rounds

MEASURE YOUR PROGRESS

Day 1, 14 & 28 check-in

Takes 5 minutes. Write your numbers in, then watch them change.

TEST	DAY 1	DAY 14	DAY 28
30-second sit-to-stand How many full stands in 30 seconds, arms crossed?	reps	reps	reps
Seated knee lift hold Lift one knee and hold. Seconds before the foot touches (each side)?	sec	sec	sec
Overhead reach Arms straight up: how high without pain? (1 = chest, 5 = fully overhead)	1-5	1-5	1-5
Morning stiffness How stiff do you feel getting up? (1 = loose, 10 = very stiff)	1-10	1-10	1-10
Calm breaths How many slow breaths in 1 minute? (fewer = calmer)	breaths	breaths	breaths

HOW TO DO THE SIT-TO-STAND TEST

Sit in the middle of your chair (push it against a wall so it cannot slide), feet flat, arms crossed over your chest. On "go", stand up fully and sit back down as many times as you can in 30 seconds with good control. Count every full stand. Use your hands on your thighs if you need to and note it, then use the same method each time. Skip this test if standing up from a chair is painful or unsteady for you.

YOUR PLAN

The 28-day calendar

Tick each day when it is done. Missed one? Just pick up where you left off.

WEEK 1 · FOUNDATIONS · 10 MIN

1	2	3	4	5	6	7
Foundations 10 min + Day 1 check-in	**Foundations** 10 min + sit-to-stands	**Foundations** 10 min	**Easy Day** Morning Mobility + a short walk	**Foundations** 10 min + sit-to-stands	**Foundations** 10 min	**Rest & Breathe** Evening Wind-Down, 5 min

WEEK 2 · FLOW · 15 MIN

8	9	10	11	12	13	14
Flow 15 min	**Flow** 15 min + sit-to-stands	**Flow** 15 min	**Easy Day** Morning Mobility + a short walk	**Flow** 15 min + sit-to-stands	**Flow** 15 min	**Halfway Check-In** Re-test + Evening Wind-Down

WEEK 3 · STRENGTH & BALANCE · 18 MIN

15	16	17	18	19	20	21
Strength & Balance 18 min	**Strength & Balance** 18 min + sit-to-stands	**Strength & Balance** 18 min	**Easy Day** Morning Mobility + a short walk	**Strength & Balance** 18 min + sit-to-stands	**Strength & Balance** 18 min	**Rest & Breathe** Evening Wind-Down, 5 min

WEEK 4 · FULL FORM · 20 MIN

22	23	24	25	26	27	28
Full Form 20 min	**Full Form** 20 min + sit-to-stands	**Full Form** 20 min	**Easy Day** Morning Mobility + a short walk	**Full Form** 20 min + sit-to-stands	**Full Form** 20 min	**Final Check-In** Full form + re-test. You did it.

Routine days follow that week's routine (pages 15 to 18). **Easy days** use the Morning Mobility flow (page 22) plus a short walk. **Rest days** are a 5-minute Evening Wind-Down.

WEEK 1 · 10 MIN A DAY

Foundations

Learn your stance, your breath and the first four moves.

THE ROUTINE

- [ ] Warm-up — 2 min
- [ ] 1. Seated Stance & Belly Breath — 6 breaths
- [ ] 2. Commencement — 6 rounds
- [ ] 3. Open & Close the Chest — 8 rounds
- [ ] 4. Cloud Hands — 6 each side
- [ ] 12. Cross Hands & Closing — 3 rounds





LEVEL 1 — 8 min

Newer to exercise, stiff, or coming back from a break.

LEVEL 2 — 10 min

Already active and want more of a challenge.

Level 1: do the easier options. Level 2: standard reps, no backrest.

Strength finisher (Days 2 & 5): 1 set of 5 sit-to-stands See page 20

COACH LUKE'S TIP FOR THIS WEEK

Your only job this week is to learn the moves slowly. Do not chase perfect, chase smooth. If you only have 5 minutes, do the breath and Cloud Hands.

MY NOTES THIS WEEK

WEEK 2 · 15 MIN A DAY

Flow

Add four new moves and start linking them smoothly.

THE ROUTINE

- [ ] Warm-up — 2 min
- [ ] Moves 1 to 4 (one round) — 4 min
- [ ] 5. Part the Wild Horse's Mane — 5 each side
- [ ] 6. Brush Knee & Push — 5 each side
- [ ] 7. Repulse the Monkey — 6 each side
- [ ] 8. Grasp the Sparrow's Tail — 4 each side
- [ ] Closing — 3 rounds





LEVEL 1 — 12 min

Newer to exercise, stiff, or coming back from a break.

LEVEL 2 — 15 min

Already active and want more of a challenge.

Level 1: half the reps on new moves. Level 2: slow every move to a 4-count.

Strength finisher (Days 9 & 12): 2 sets of 5 sit-to-stands See page 20

COACH LUKE'S TIP FOR THIS WEEK

Start linking the moves: let the end of one become the start of the next. Your breath sets the pace, so if you are rushing, slow the breath first.

WEEK 3 · 18 MIN A DAY

Strength & Balance

Build grip, hip strength and balance with the power moves.

THE ROUTINE

- [ ] Warm-up — 2 min
- [ ] Moves 1 to 8 (one round) — 7 min
- [ ] 9. Single Whip — 3 each side
- [ ] 10. Golden Rooster — 5 each side
- [ ] 11. Parry & Punch — 6 each side
- [ ] Closing — 3 rounds





LEVEL 1 — 15 min

Newer to exercise, stiff, or coming back from a break.

LEVEL 2 — 18 min

Already active and want more of a challenge.

Level 1: easier options on 9 to 11. Level 2: harder options and longer holds.

Strength finisher (Days 16 & 19): 2 sets of 8 sit-to-stands See page 20

COACH LUKE'S TIP FOR THIS WEEK

These are the strength moves. Squeeze the hook and the fist for a full second and lift the knee from the hip. Quiet strength work is still strength work.

MY NOTES THIS WEEK

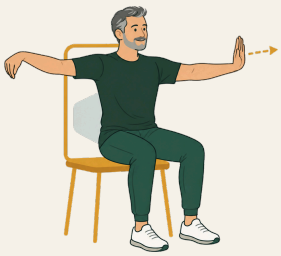
WEEK 4 · 20 MIN A DAY

Full Form

Flow through all 12 moves as one continuous form.

THE ROUTINE

- [ ] Warm-up — 2 min
- [ ] Full form, moves 1 to 12 — 8 min
- [ ] Rest & breathe — 1 min
- [ ] Full form, round 2 (slower) — 8 min
- [ ] Cool-down — 1 min





LEVEL 1 — 15 min

Newer to exercise, stiff, or coming back from a break.

LEVEL 2 — 20+ min

Already active and want more of a challenge.

Level 1: one round of the full form. Level 2: two rounds, the second one slower.

Strength finisher (Days 23 & 26): 3 sets of 8 sit-to-stands See page 20

COACH LUKE'S TIP FOR THIS WEEK

Treat the full form like a moving meditation: the same slow pace from the first breath to the closing. Then re-test on Day 28 and compare.

MY NOTES THIS WEEK

DAILY CHECK-OFF

Your 28-day tracker

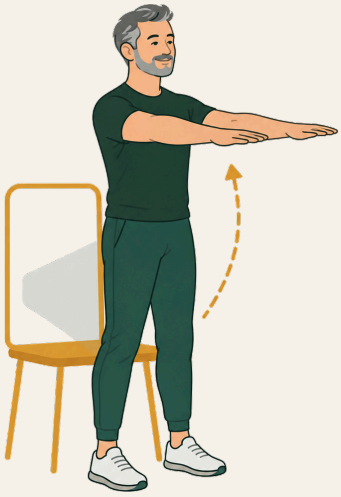
Ten seconds a day. What gets tracked gets done.

DAY	DONE	MINUTES	ENERGY 1–5	STIFFNESS 1–10	NOTES
1	☐				
2	☐				
3	☐				
4	☐				
5	☐				
6	☐				
7	☐				
8	☐				
9	☐				
10	☐				
11	☐				
12	☐				
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24	☐				
25	☐				
26	☐				
27	☐				
28	☐				

BONUS · LEG STRENGTH

The sit-to-stand builder

The most useful strength exercise for men over 50, done with your chair



WHY IT MATTERS

Getting up from a chair, the car or the toilet uses the same muscles: thighs, hips and glutes. Keep them strong and you keep your independence. Tai chi builds the balance; this builds the engine.

HOW TO DO IT

1. Sit near the front of the chair, feet flat and slightly behind your knees.
2. Lean your chest forward ("nose over toes") and press through your whole foot.
3. Stand up tall, squeeze your glutes, then sit back down slowly, counting 3.
4. Use your hands on your thighs or the chair at first. Work toward no hands.

THE 4-WEEK PROGRESSION

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEKS 5 TO 8
1 x 5	2 x 5	2 x 8	3 x 8	3 x 10

Sets x reps, on the two strength-finisher days each week. Rest 60 seconds between sets. Do them next to a wall or kitchen counter so you have something to grab if needed.

LEVEL UP (OPTIONAL)

Slow sit: take 5 seconds to sit down. Pause: hover 1 inch above the seat for 2 seconds before you sit. Hands-free: arms crossed over your chest. Change only one thing at a time.

BONUS · THE MARTIAL SIDE

The fighting roots of every move

Tai chi is a martial art. Knowing what a move was for makes it easier to do well.

01	**Seated Stance & Belly Breath**	The "standing post" every tai chi fighter learns first
02	**Commencement (Raise the Arms)**	The opening move of every Yang-style form
03	**Open & Close the Chest**	Builds the "spread" used to unbalance a grip
04	**Cloud Hands**	A rolling deflection: the waist turns, the hands follow
05	**Part the Wild Horse's Mane**	A shoulder-and-arm split used to off-balance an opponent
06	**Brush Knee & Push**	Sweep a kick aside with one hand, strike with the other
07	**Repulse the Monkey**	A retreating strike: one hand pulls back while the other pushes
08	**Grasp the Sparrow's Tail**	The four core energies: ward off, roll back, press, push
09	**Single Whip**	The hooked hand traps, the open palm strikes
10	**Golden Rooster (Seated)**	The knee rises to guard and strike
11	**Parry & Punch**	Straight from the form: deflect, then a slow, solid punch
12	**Cross Hands & Closing**	The form always ends where it began: balanced and calm

FROM COACH LUKE

You will never need to use these moves on anyone. But picture the purpose, a block, a push, a slow punch, and your posture, focus and strength improve straight away. That is the secret old tai chi teachers knew.

BONUS · MINI FLOWS

Morning, evening & before you play

Short routines for easy days, busy days and before golf, yard work or a walk

MORNING MOBILITY — 5 minutes

Wake up stiff joints before the day starts.

- [ ] Belly breath — 5 breaths
- [ ] Commencement — 5 rounds
- [ ] Shoulder rolls — 8 back
- [ ] Cloud Hands — 4 each side
- [ ] Seated marching — 30 steps

EVENING WIND-DOWN — 5 minutes

Loosen up and slow your breathing before bed.

- [ ] Open & Close the Chest — 6 rounds
- [ ] Seated twist — 3 breaths each side
- [ ] Repulse the Monkey (slow) — 4 each side
- [ ] Cross Hands & Closing — 3 rounds
- [ ] Belly breath, longer out-breath — 2 min

BEFORE GOLF, YARD WORK OR A WALK — 7 minutes

Warm up the hips, back and shoulders for rotation.

- [ ] Shoulder rolls + neck turns — 1 min
- [ ] Cloud Hands, bigger turn — 6 each side
- [ ] Wild Horse's Mane — 4 each side
- [ ] Single Whip hold — 2 each side
- [ ] Golden Rooster — 4 each side
- [ ] Sit-to-stands — 1 set of 5

LOOK HOW FAR YOU CAME

Day 1 vs Day 28

Write a few lines now, and again at the end. You will be glad you did.

DAY 1

How does my body feel getting out of a chair or the car?

Where do I feel tight or stiff?

How steady do I feel on my feet?

What do I want this practice to give me?

DAY 28

How does my body feel getting out of a chair or the car now?

What has loosened up?

How steady do I feel on my feet now?

What will I keep doing after Day 28?

ONE-PAGE POSTER · PRINT AND KEEP BY YOUR CHAIR

The Full Form, in Order

1



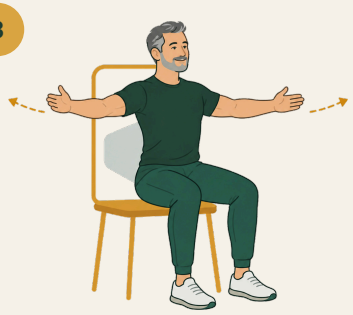
Stance & Belly Breath
6 breaths

2



Commencement
6 slow rounds

3



Open & Close
8 rounds

4



Cloud Hands
6 each side

5



Wild Horse's Mane
5 each side

6



Brush Knee & Push
5 each side

7



Repulse the Monkey
6 each side

8



Sparrow's Tail
4 each side

9



Single Whip
3 each side

10



Golden Rooster
5 each side

11



Parry & Punch
6 each side

12



Cross Hands & Closing
3 rounds

Slow and smooth · breathe low · the waist leads · soft joints · sit tall

KEEP GOING

Weeks 5 to 8

Day 28 is a beginning. Here is how to keep improving for another month.

Week 5	Full form daily, one round slower than last week. Add the harder option on two moves.	☐
Week 6	Try the full form standing behind your chair, one hand on the backrest for support, for one round.	☐
Week 7	Two rounds of the full form. Sit-to-stands: 3 sets of 10.	☐
Week 8	Re-test with the check-in page. Pick your favorite routine and make it a daily habit.	☐

MAKE IT A HABIT

- Same time, same chair, every day. Habit beats motivation.
- Pair it with something you already do: after coffee, before the news.
- Missed a day? Never miss two in a row.
- Practice standing up behind your chair only when seated moves feel easy and steady.

FREE RESOURCE LIBRARY

Want more? Grab free printables, workout plans and nutrition guides at coachluke.com in the Free Resource Library, including high-protein meal ideas and strength plans.

CERTIFICATE OF COMPLETION

28-Day Chair *Tai Chi Challenge*

This certifies that

_____

completed 28 days of seated tai chi practice,
showing up for his strength, balance and health.



Date completed _____

Day 1 to Day 28 sit-to-stands _____

Coach Luke · coachluke.com

YOUR FREE BONUS

A coach in your inbox *for all 28 days*

Get one short email from me for every day of your challenge: that day's focus, one form tip, and a nudge to keep going. It is completely optional. Everything you need is in this guide.

Scan with your phone camera

or type: coachluke.com/men-tai-chi-bonus

- 28 daily coaching emails
- Form fixes for the tricky moves
- Free printables from my library

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