

**DESK-ER-CISE**

## SEATED KNEE RAISE

- Sitting at your desk, lift the toes of your feet off the ground, leaving your heels anchored on the floor.
- Then lift one or both knees up, engaging your abdominals.
- Lower the legs, then the toes, completing one repetition.
- Repeat the series up to 5 times on each leg.



## LEG RAISES

- Sit tall with knees bent and simply lift both feet off the floor. Engage your abdominals to keep them hovering.
- If you're feeling brave, extend one leg in front of you, alternating sides.
- Hold for 10-20 seconds and repeat up to 5 times.



## TRICEPS DIPS

- Sit on the edge of your desk (or chair) with your feet together and place your palms on either side of you.
- Move forward and then bend your arms to dip and raise yourself.
- Keep your back straight, chest open and proud. Stay close to the edge of the desk.
- Try 5-10 repetitions and work up to 3 sets in your day.



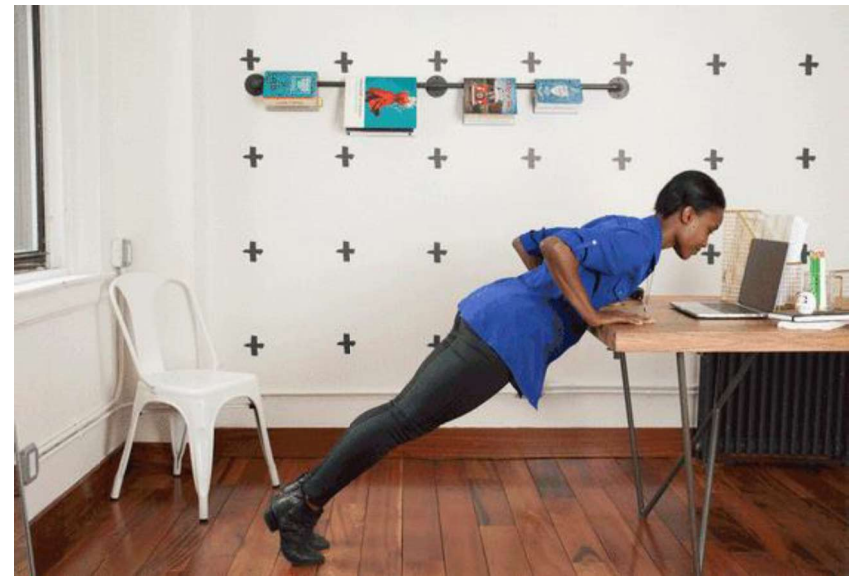
# CHAIR SQUATS

- Using a non-moving chair perch on the edge of the seat and slowly stand up with your arms by your sides.
- Lower yourself until you gently touch the chair and then stand back up, remembering to breathe.
- Repeat 5-10 times, and aim for 3 sets a day.
- For extra points, hover just over the chair for 30 seconds.



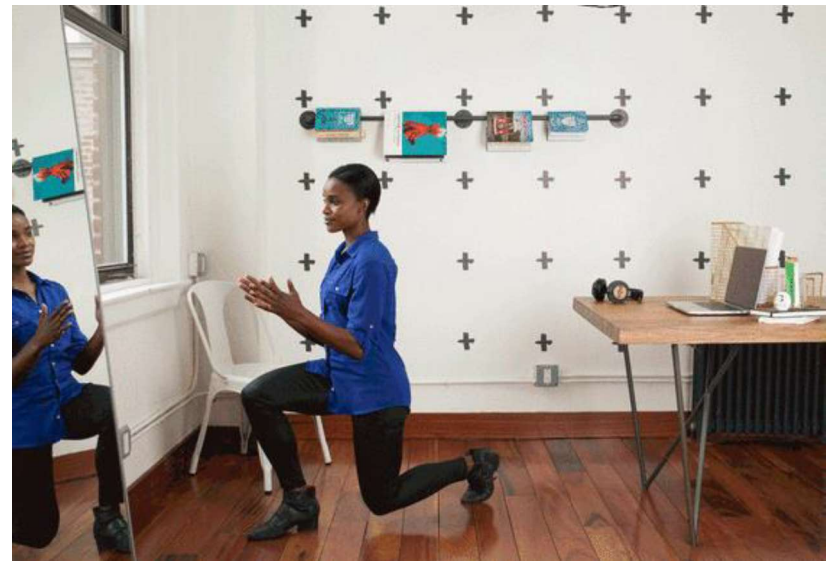
# PUSH UPS

- With chair out of the way, stand 2 feet away from the desk. Lean forward and place both hands on the edge of the desk, so body is on an angle.
- Perform a push-up by bending elbows and lowering chest toward desk, keeping elbows close to torso.
- Make it harder: Hold the seat of your chair to do push-ups.
- Try 5-10 repetitions and work up to 3 sets in your day.



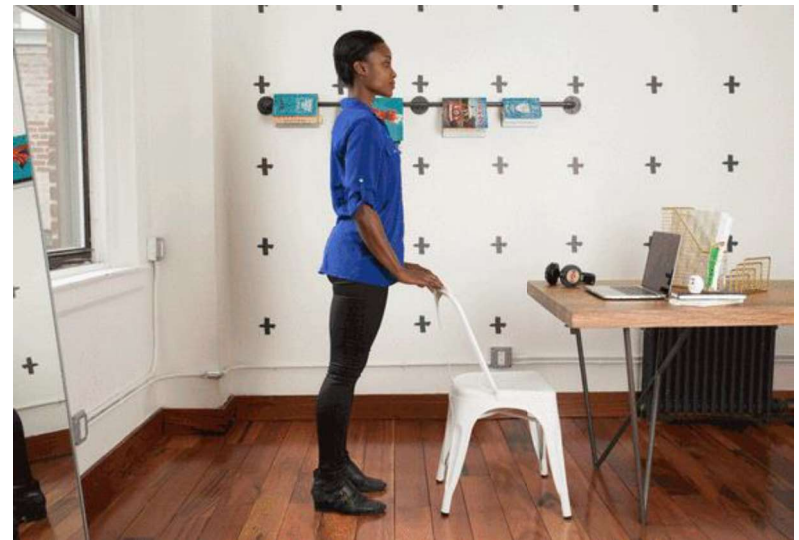
# ROTATING LUNGE

- Stand with core engaged and feet wider than hip width.
- Drop into a lunge by rotating torso to the left, pivoting on toes, and bending left knee and right knee behind you.
- In one smooth movement, return to stand at center, then rotate to right and repeat lunge on the other side.
- Do 3 sets of 10 to 15 reps.



# TOE RAISES WITH CHAIR

- Stand behind chair and place both hands lightly on chair back.
- Press shoulders down, engage core, and rise onto balls of feet, squeezing butt and legs as you hold at the top for 3 to 5 seconds.
- Do 3 sets of 15 to 20 reps.





# ARM CIRCLES

- Sit up straight and roll your shoulders in a large slow circle.
- Extend arms out by your sides, shoulder height.
- Begin to circle your arms in one direction, keeping your head and chest up.
- Shoot for 15 seconds in one direction, than 15 seconds in the opposite direction.



## BACK EXTENSIONS

- Position yourself behind your chair and hold onto the back for support.
- Raise your right arm towards the ceiling and lift your left leg behind you for 5-10 seconds to stretch out your back and engage your core.
- Repeat the action with the opposite arm and leg.
- Aim for 5-10 reps on each side and work up to three sets.



## WRIST STRETCH

- Stretch your left arm in front of you with your palm in a “stop” gesture.
- Using your right hand, gently pull back the fingers on your left palm until you feel a stretch in your rest.
- Hold for 15 seconds, repeat up to 4 times.
- Repeat on other hand.



# SPINAL STRETCH

- Sit tall in your chair, with feet about hip distance apart flat on the floor.
- Stretch your arms to the ceiling, then put your left hand on the desk, hold the back of your chair with your right hand, and gently twist to the right.
- Hold for 10-15 second, then release and repeat the twist on the other side.
- Try to complete three twists on each side.



# CHEST STRETCH

- Stand, or sit tall in your chair and reach your hands behind your back, aiming to interlace the fingers. You can alternatively place your hands on your hips, or palms on lower back.
- Expanding your chest, pull your shoulder blades as close together as possible.
- Hold for 15 – 30 seconds.

