

## Exercise At Your Desk

**PRECAUTIONS:** See you doctor before trying this workout if you have injuries, illnesses, or other conditions. Make sure the chair you use is stable (if chair has wheels, push it against a wall to make sure it won't roll)

### Exercises At Your Desk Guide

#### 1. Wrist Stretch:

- Extend arm in front, palm- up and grab fingers with other hand
- Gently pull the fingers towards the forearm and hold for 20 – 30 Seconds
- REPEAT ON BOTH SIDES



#### 2. Wrist & Forearm:

- Press hands together in front of chest, elbows bent, and parallel to the floor.
- Gently bend wrist to the right and left for 10 reps



### 3. Lower Back Stretch:

- Sit tall and place the left arm behind the hip.
- Gently twist to the left, using the right hand to deepen the stretch, holding for 20-30 seconds. REPEAT on both sides



### 4. Hip Flexion:

- Sit tall with abs in and lift the foot off the floor a few inches, knee bent.
- Hold for 2 seconds, lower and repeat for 16 reps. REPEAT on both sides



### 5. Leg Extensions:

- Sit tall with abs in and extend the left leg until it's level with hip, squeezing the quadriceps.
- Hold for 2 seconds, lower and repeat for 16 reps. REPEAT on the other side



### 6. Chair Squat:

- While sitting, lift up until your hips are just hovering over the chair, arms out for balance
- Hold for 2-3 seconds, stand all the way up and repeat for 16 reps.



### 7. Dips:

- Make sure chair is stable and place hands next to hips
- Move the hip in front of the chair and bend the elbows, lowering the body until the elbows are at 90 degrees.
- Push back up and REPEAT for 16 seconds



### 8. One-Leg Squat:

- Make sure the chair is stable and take one foot slightly in front of the other
- Use the hands for leverage as you push up into a one legged squat, hovering just over the chair and keeping the other leg on the floor for balance
- Lower and repeat only coming a few inches off of the chair for 12 reps. REPEAT on other side.



### 9. Side Bends:

- Hold a water bottle with both hands and stretch it up over the head, arm straight
- Gently bend towards the left as far as you can, contracting the abs
- Come back to the center and repeat to right. Complete 10 reps (bending to the right and left is one rep)



### 10. Ab Twist:

- Hold the water bottle at chest level & keeping the knees and hips forward, gently twist to the left. Feeling the abs contract
- Twist back to center and move to the left for a total of 10 reps. Don't FORCE it and Be CAUTIOUS, may cause a back injury



### 11. Calf Raises:

- Starting from a straight posture: Shoulder back, back straight, and chin and buttocks slightly tucked in
- Rise up to the ball of your feet and hold for a 12 count
- Lower to a standing position. Repeat throughout the day.



## 12. Hip Abduction:

- Standing by your desk or chair for support, keep abs tight, shoulders back, chin up and body straight.
- Be sure your hip, knee, and foot are pointing straight forward.
- With your knee straight, lift your leg out to the side. Slowly lower your leg so your foot is back on the floor.

