

Desk Exercise Guide

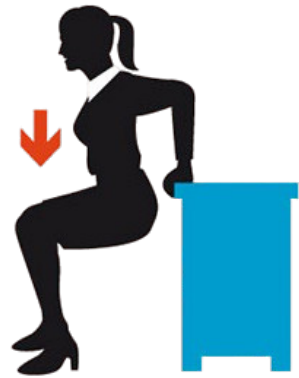
1. Use a chair

Sit in an office chair and cross your legs. Straighten up, draw your stomach in, and lift yourself up with your hands, using the armrests as support. Do 5 sets of 10-20 seconds.



2. Do triceps push-ups

Stand with your back to the edge of a table, legs together, and squat down, placing your palms on the edge of the table. Bend and straighten your arms to lower and raise yourself up. A great arm exercise!



3. Stretch your arms

Sit upright in a chair with your feet flat on the floor. Place your hands in prayer position in front of your chest. Squeeze your palms and feel the stretch. Hold for 20 seconds, then relax and repeat as many times as you can.



4. Rotate your shoulders

Sit up straight and rotate your shoulders in circular motions, squeezing your shoulder blades together. Repeat 12-15 times.



5. Stretch your hamstrings

This exercise has many benefits: you stretch your hamstrings, lower back, and calves all at once. Move your chair away from your desk and place one leg on the chair. Straighten your leg and lie on it with your chest and a straight back. Hold for 10 seconds. Repeat with the other leg.



6. Neck muscles

Place your hands on your head in a “stressed office worker” pose. Place your palms on your forehead and apply pressure, tilting your head back; resist the movement with all your strength with your neck muscles. Then place your palms on the back of your head and repeat the same movement in the opposite direction. Do 5 sets.



7. Train your core muscles

If you have a swivel chair, you can use it for this exercise. Sit up straight, raise your feet off the floor, and grasp the edge of your desk with your fingers. Using your core muscles (using them more than your arms), rotate from side to side.



8. Side stretch

Sit upright in a chair. Raise your left arm toward the ceiling and grasp your left wrist with your right hand. Pull your left arm to the right—you’ll feel a stretch in the muscles on your left side. Hold for 10 seconds. Switch arms and repeat.

