

At your Desk Workout

Program:

- Frequency: 2-3 times a week
- Intensity: Work the muscle to failure
- Time: 15-20 minutes, or 10 minute intervals
- Type: Full body exercise (10-12 reps) (2-3 sets)

Workout:

- Draw-in maneuver 10 times hold for 10 sec. (Abs)
- Shoulder Retractions (Shoulders)
- Wall of Desk Push-ups (Chest/Back)
- Desk Dips (Triceps)
- Chair Squats or Lunges (Legs)
- Water bottle curls (Biceps)
- Chair Calf raises (Calves)

Things to Remember:

- Good Posture
- Abs in
- Don't hold your Breath
- Slow and Controlled Movement
- Tighten your Muscles
- Keep Moving
- Drink plenty of Water

Exercise Descriptions

Always Start with Good Posture

Start each of these exercises with good posture to strengthen and protect your back. Make sure that your head is in a neutral position, ears over your shoulders. Shoulders back, (muscles hugging your spine). Abdominal muscle drawn-in and contracted. Hips tilted in a neutral position by contracting your glutes.

Draw-In Maneuver

This exercise is to train your inner abdominal muscles. While sitting at your desk, put both feet flat on the floor. Practice your good posture, arms at your side. Start by taking a deep breath in through the nose. As you exhale draw the abdomen in as if pulling the belly button to the spine. Keep contracted for 5-10 sec. Repeat 10x.

Shoulder Retraction

This exercise is to strengthen your back muscles. While at your desk, both feet flat on the floor, sit away from the back of your chair. Practice your good posture. Arms relaxed on armrest. Squeeze your shoulder blades together; think about trying to make your shoulder blades tough. Hold for 3-5 sec. Bring back to neutral position. Repeat 10-12x.

Wall or Desk Push-Ups

This exercise is to strengthen your chest, triceps, and shoulder muscles. Practice your good posture. From a standing position, face your desk and put your hands shoulder width apart at the edge of your desk, or against a sturdy wall. Walk your feet back until your body is straight. Lower yourself toward the desk or wall, till your chest nearly touches it. Contract your chest and push back up until your arms are straight (Don't lock your elbows). Repeat 10-12x.

(Beginner's Tip*: if you are new to this exercise, start with the wall version since it places less stress on the muscle groups.)

Desk Dips

This exercise is to strengthen your triceps muscles. Practice your good posture. Begin standing, facing away from your desk and place your palms on the edge of your desk. Take a couple of steps forward, feet flat on the floor, legs together. Pretend you are sitting in a chair and lower yourself until your arms and legs are at a 90-degree angle. Then pushing through your palms, elbows tucked in, extend your arms. (Make sure to not shrug your shoulder). Repeat 10-12x.

(Beginners Tip*: Place a low-back chair, without wheels preferably, against desk facing out. Perform exercise as described above. Chair is only used as a spotter, to keep you from falling in the event your arms tire too quickly. Chair can be removed as strength/confidence level increases.)

Chair Squats

This exercise is to strengthen your legs and hips. Practice your good posture. Stand, face your chair and put your hands on the back of your chair for support. Feet should be shoulder width apart. Slowly descend by bending at the hips, knees, and ankle, squat to about a 90-degree angle. Then while keeping your weight distributed through the heel and mid-foot reverse the direction and proceed to a standing position. Repeat 10-12x. **(Beginner's Tip*:** Start exercise seated in chair, stand up, then slowly descend until buttocks/legs just barely touch chair, then stand again. When strength/confidence increases, remove chair, and perform exercise as described above.)

Water Bottle Curls

This exercise is to strengthen your bicep muscle. Practice your good posture. Sit at the edge of your chair; grab your water bottle. With your arms relaxed at your side, tighten your bicep and pull toward your shoulder, then return by extending your arm toward the floor. Repeat 10-12x and then switch arms.

Calf Raises

This exercise is to strengthen your calf muscles. Practice your good posture. While seated at your desk, feet flat on the floor raise both heels and distribute weight onto toes. Hold 2-3 sec contracting the calf, then return heels to the floor. Repeat 10-12x.

***Beginner's Tips:** The activities described above exercise a variety of muscle groups in your upper and lower body. The Beginner's Tips are simply included to ensure your safety if you are new to strength training exercises, or just unsure about a specific exercise.