

How to Exercise Right at Work

Need inspiration for a mini workout? Follow these instructions and aim for 10-15 repetitions of each exercise unless specified. Only do what you are comfortable with and stop if you feel any pain.



TRICEP DIP

Triceps dips can be done almost anywhere, including a cubicle. Using a sturdy desk or a non-rolling chair, sit at the very edge and place hands on either side of the body while gripping the chair's edge. With the feet planted on the floor a step or two away from the desk or chair, straighten up the arms to lift up the body. Next, bend the arms to reach a 90-degree angle so that your body dips down, hold, and re-straighten while keeping the body raised above the chair.

WALL/FURNITURE PUSHUPS

Lean facing a sturdy piece of furniture with both hands and slowly push your body off it in a standing push up or face a wall, standing a little farther than arm's length away, feet shoulder-width apart. Lean your body forward and put your palms flat against the wall at shoulder height and shoulder-width apart. Slowly breathe in as you bend your elbows and lower your upper body toward the wall in a slow, controlled motion. Keep your feet flat on the floor.

WATER BOTTLE WEIGHTS

Grab your weights (two water bottles, staplers or bring in your own from home) and try the following:

FRONT RAISES - hold weights straight down at your sides, with palms facing backward. Keeping them straight, breathe out as you raise both arms in front of you to shoulder height. Lower and repeat.

OVERHEAD PRESSES - hold weights at your sides at shoulder height with palms facing forward. Slowly breathe out as you raise both arms up over your head keeping your elbows slightly bent. Lower and repeat.

BICEP CURLS - hold weights straight down at your sides, palms facing forward. Slowly bend your elbows and lift weights toward chest. Keep elbows at your sides. Lower and repeat.



ARMS



CORE & BALANCE

Stand on one leg and balance, remember to tense your abdominal muscles as you balance. Hold for 10-15 seconds on each leg.



LEGS

WALL SITS

Wall sits are great for building strength and endurance. Standing with your back against the wall, bend the knees and slide your back down the wall until the thighs are parallel to the floor. Sit and hold for 30-60 seconds.

SQUATS

Start standing with feet slightly wider than shoulder width apart (and the desk chair pushed out of the way). Bend the knees slightly so the thighs are almost parallel to the ground, as if sitting in a chair. As you bend, raise the arms straight up or towards the computer screen. Lower and repeat.

CALF RAISES

Standing with feet shoulder-width apart, press up onto the tippy toes, pause at the top, and then lower back down.

LEG EXTENSIONS

While sitting in your chair, extend your right leg until it is level with your hip. Hold as long as you are comfortable and then relax it. Alternate sides.