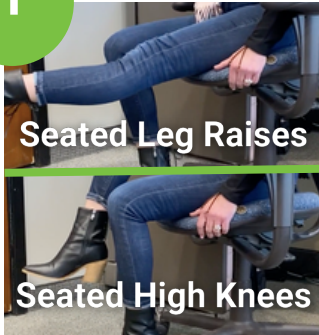


# SIX “DESKERCISES” TO GET FIT WHILE YOU SIT

1



Seated Leg Raises

Seated High Knees

1. Start with a stable seated position and a neutral spine.
2. For a seated high knee, you will raise one leg at a time towards your chest in a bent position.
3. Similarly, for a leg raise you will raise one leg at a time, straightening your knee.
4. For extra stability, hold on to the edges of the chair.

2



Desk Yoga Stretch

1. Sit upright without letting your back touch the chair.
2. Holding your head over your spine, drop your right ear to your right shoulder being sure not to lift your shoulder or turn your head.
3. Take several breaths in and out, feeling the stretch.
4. Repeat on your left side.

3



Wrist Stretches

1. Start with your palms together in front of your chest, just below your chin.
2. Lower your hands towards your waist until you feel a stretch in your forearms.
3. Hold for 15-30 seconds.
4. Repeat 3 more times.

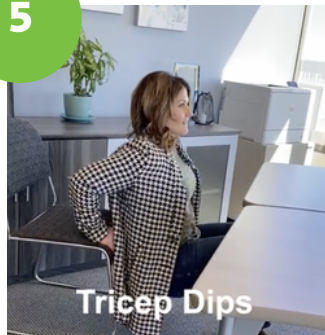
4



Calf Raises

1. Lift your heels slowly off the ground.
2. Lower yourself back down again.
3. Repeat.

5



Tricep Dips

1. Ensure you are using a stable chair.
2. Grip the front of the chair and position your body so your torso is forward off the chair with your arms extended, buttocks hovering over the floor, and legs slightly bent.
3. Slowly lower your body toward the floor by bending at the elbows.
4. Then raise your body up by straightening your arms at the elbow.
5. One set should be about 10-15 repetitions.

6



Desk Push Up

1. Stand facing your desk.
2. Ensure your desk is stable and will not move from under you.
3. Place your hands approximately shoulder width apart on the desk.
4. With your core engaged and making sure your back is straight, place both hands on your desk.
5. Lower your upper body down to meet the desk.
6. For a plank position, simply hold this “down” position.
7. For a push up, press back up to an upward position.



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