

Tips to Exercise at Work

Legs



Calf-Raises: Stand with your feet together and lift both heels up and down. Try doing three sets of 25 at a time. For a challenge, try them by standing on one leg at a time. This will help improve balance and stability.



Squats: Stand with your feet shoulder-width apart. Keeping your knees over ankles, shift your weight to your heels, bend your knees and lower your body until thighs are almost parallel with the floor as if you're about to sit down. Try doing three sets of 15 at a time.

Back



Pull-Aparts: Stand with your feet shoulder-width apart. Grasp band with both arms extended in front of your shoulder, elbows slightly bent. Pull hands away from each other and squeeze your shoulder blades. Try doing three sets of 15 at a time. If you do not have access to a resistance band, try this exercise with 2 full water bottles.



Straight Leg Deadlifts: Stand with your feet shoulder-width apart. Grasp two full water bottles in each hand. Bend over with a straight flat back and attempt to touch your toes. Bend your knees slightly. You should feel a stretch in your hamstrings while strengthening your lower back muscles. Try doing three sets of 15 at a time.

Triceps and Chest



Triceps Dip: Make sure chair is stable. Place hands next to hips and move hips in front of the chair. Bend the elbows, lowering the body until the elbows are at 90 degrees. Push back up slowly. Try completing three sets of 15 at a time.



Chest Squeeze: Sit up straight and squeeze your abs tight. Hold a medicine ball or simply clasp your hands at chest level, elbows out. Squeeze your palms together. You should feel a tightening in your chest. Hold for 45 seconds and relax. Repeat three times.

Biceps



Bicep Curl: Stand with your feet shoulder-width apart. Grasp a full water bottle in each hand, palms facing up. Lock your elbows into your sides. Slowly raise each water bottle all the up and lower back down. Try completing three sets of 15 at a time.



Hammer Curl: Stand with your feet shoulder-width apart. Grasp a full water bottle in each hand, palms facing inward. Lock your elbows into your sides. Slowly raise each water bottle all the up and lower back down. Try completing three sets of 15 at a time.

Abdominals



Side Bend Abs: Hold a water bottle with both hands over your head. Slowly bend towards the left as far as you can while squeezing your abs. Come back to the center. Try completing three sets of 15 on each side.



Ab Twists: Hold a water bottle at chest level. Keep knees and hips facing forward. Slowly twist to the left as far as you comfortably can while squeezing your abs. Come back to the center. Try completing three sets of 15 on each side.