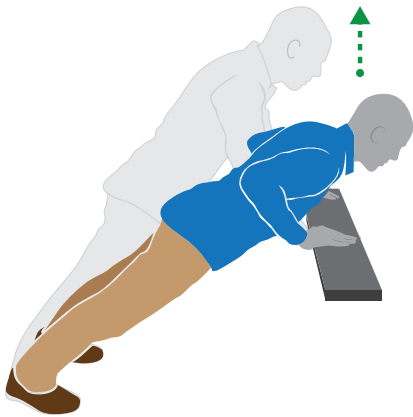
A man in a dark suit stands in profile, looking out a window at a city skyline. He has his hand to his chin in a thinking pose. In the foreground, a desk holds a laptop with a document on the screen and a glass of water. The background is a bright, hazy cityscape.

# 10 EASY EXERCISES TO DO AT YOUR DESK

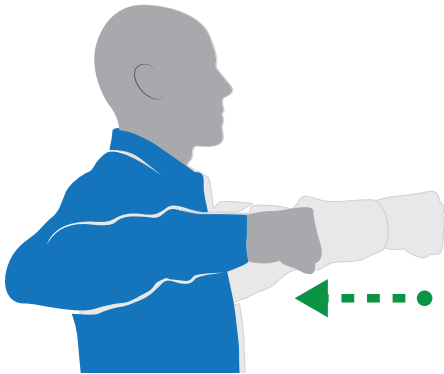
# 10 EASY EXERCISES TO DO AT YOUR DESK

Life is fast. Days are full. So it can be hard to find time for a regular workout routine. But you're not the type of person to let that stop you. Next time you find yourself stuck behind a desk all day, try these easy exercises to help break up the inactivity and maintain peak muscle tone.



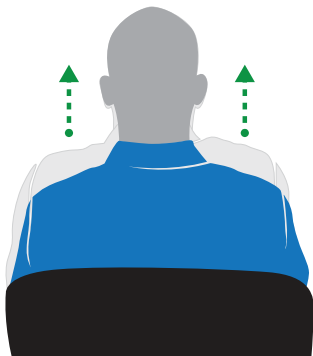
## 1 INCLINE CHEST PRESS

Can use a stable wall or your desk. While standing 1 or 2 feet away from wall or desk, place palms on surface with arms and body straight. Slowly bend elbows out to bring body close to surface and hold a couple seconds, then return to starting position by pushing elbows back in, while keeping body straight during the whole movement. Repeat 10-12 times.



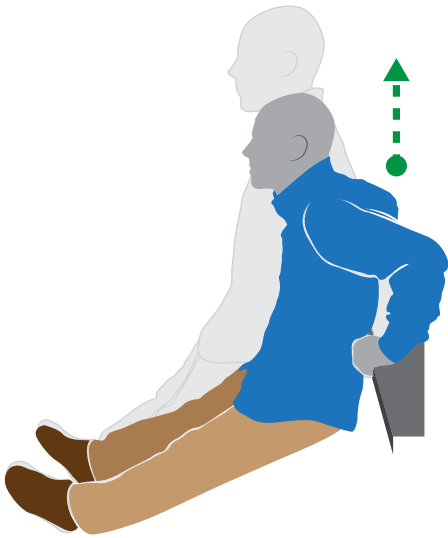
## 2 LAT SQUEEZE

While either sitting or standing with back straight, arms raised at side parallel to floor, bend elbows forward 90 degrees. Push both elbows back while squeezing lats together as if trying to hold a pencil between your shoulder blades. Hold a couple of seconds and slowly return to starting position. Repeat 10-12 times.



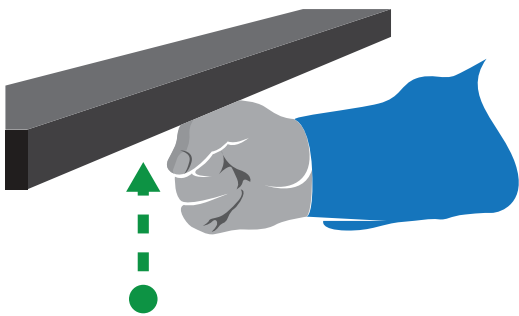
## 3 SHOULDER SHRUGS

While either sitting or standing with back straight and arms planted at your side, slowly raise both shoulders up as far as possible and hold a couple of seconds, then slowly lower back down. Repeat 10-12 times.



## TRICEP DIPS

Can either use your chair, if it is stable, or your desk. While facing body away from your chair or desk about a step, place both palms with fingers behind you over edge of chair or desk with arms straight. Slowly bend your elbows behind you, close to your side, to 90 degrees while your body lowers down with back straight. Hold a couple seconds and push down to straighten back up. Repeat 10-12 times.



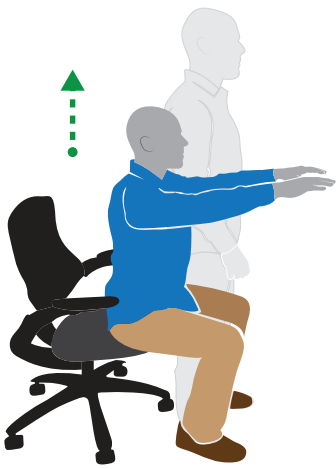
## BICEP CURLS

While sitting close to your desk, make a fist with both hands facing each other, arms bent to 90 degrees and elbows glued to your side. With fists under desk push up against desk as hard as you can and hold 8-12 seconds. Repeat 10-12 times. You can do the same exercise with open hands, palms under desk, to vary the angle of the exercise for your biceps.



## SEATED CRUNCH

Sit with lower back at back of chair. Sit straight up, fingertips behind and toward top of head and keep elbows out. Slowly curl down pushing chest toward your thighs and pushing lower back into back of chair to create a “C” shape while crunching in your abdominals. Hold at bottom a couple of seconds and return to starting position. Repeat 10-12 times.



## 7 CHAIR SQUATS

Standing with your back to your chair seat and one step out, slowly bend at waist till barely touching seat, as if going to sit, and then slowly raise back up. Hold arms in front of you for balance and do not let knees bend further than 90 degrees or exceed your toes when in full squat position. Repeat 12-15 times.



## 8 SEATED LEG RAISES

Start seated with back straight and grasping bottom of chair with hands. Straighten both legs to parallel, if possible, and hold 2-3 seconds at top and then slowly lower legs back to the floor just tapping toes before beginning to next repetition. Repeat 10-12 times. To add extra resistance, hang a purse, briefcase, or any weighted item, over ankles to perform the exercise.



## 9 HAMSTRING KICK

Standing facing your desk, place one or both hands on desk for balance. While standing on one leg, kick other leg back, keeping it straight, foot flexed and leading with your heel. Feel the squeeze in your glute and hamstring. Hold for a few seconds, then return foot to the floor. Repeat 12-15 times for each leg.



## 10 CALVE RAISES

While standing with back straight and facing your desk, place one hand on desk for balance. Keep legs straight and rise up to the ball of your feet and hold for 2-3 seconds and slowly lower back down. Repeat 10-12 times. Do this one leg at time for more resistance. Repeat 10-12 times on one leg, while bending knee of other leg to keep off floor, and then do the other leg.