

Strength Training Anywhere - Office



Consult with your health care provider before starting or changing an exercise program, especially if you have any medical conditions.

Strengthening exercises can keep muscles strong and active, even if a large amount of your day is spent at a desk. Perform three to 20 repetitions; ideally, your muscles will start to fatigue by the last two repetitions.

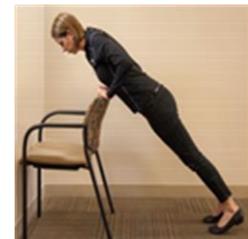


CHAIR SQUATS (Hips, hamstrings, quadriceps)

As you inhale, squat down by sitting hips back, keeping chest and head up until knees are bent about 90 degrees. Knees should remain behind toes. As you exhale, push through heels to stand up tall and squeeze glutes at the top.

DESK PUSH-UPS (Chest, shoulders, triceps)

As you inhale, tighten your stomach and slowly lower yourself as far as possible while keeping elbows in and near your sides. As you exhale, pull your belly button in toward your spine and push yourself back to starting position in a strong, controlled motion.



STATIONARY LUNGE WITH CHAIR (Hips, hamstrings, quadriceps)

As you inhale, bend the back leg until knee is close to touching the floor and front knee is bent at 90 degrees. Knee should remain behind toes. As you exhale, push through the front heel to straighten legs and return to starting position.

LEG LIFTS FROM CHAIR (Abdominals, low back)

Sit forward on chair with legs fully extended. Armrests may be used for support and leverage. Tighten your stomach before you start. As you exhale, slowly raise your straightened legs. As you inhale, lower legs back down to starting position.



W-RAISES (Middle back, back of shoulders)

Bend elbows to create a “W” with your upper body with thumbs pointing behind you. As you exhale, squeeze shoulder blades together to draw arms back and engage your back muscles. As you inhale, release.

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Squat (Glutes, quadriceps, hamstrings)

As you inhale, squat down by sitting hips back, keeping chest and head up until knees are bent about 90 degrees. Knees should remain behind toes. As you exhale, push through heels to stand up tall and squeeze glutes at the top.



Bent Knee Push-Up

(Chest, triceps, anterior shoulder)

With knees resting on the floor and hands shoulder width apart, push up until arms are straight. Lower slowly and repeat.



Bent-Over Wide Row (Middle back, back of shoulders)

Hinge forward at the hips, with arms hanging down, bend elbows to push your shoulder blades together, then release arms back down to hanging position and repeat.



Lunges (Quadriceps, glutes, hamstrings)

Take a big step forward and bend your front knee to about 90 degrees. Keep your weight on your back toes and drop the back knee toward the floor. Do not let your knee touch the floor. Keep your upper body straight, your shoulders back and relaxed with your chin up. Perform the desired number of reps and then switch legs.