

# 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. These can be performed with a stationary chair or desk.

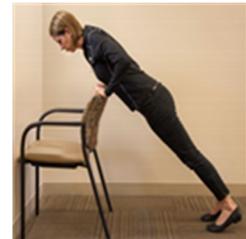


### **CHAIR SQUATS** (Hips, hamstrings, quadriceps)

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

### **CHAIR 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. Front 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. For less stress on the back, a single leg raise may be performed.



### **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.



## **I-Y-T Raises** (Middle back, back of shoulders)

Start with feet hip distance apart, hinge forward at the hips, knees softly bent and arms hanging down. Thumbs pointing up, and on an exhale, raise arms up in an “I” shape; return to starting position. Next, lift arms into “Y” shape; return to starting position. Finally, lift arms into “T” shape; return to starting position and repeat the series. Squeeze shoulder blades together during each movement.



## **Push-Up** (Chest, triceps, anterior shoulder)

Start on floor, with hands slightly wider than shoulders. Arms and legs are straight and core/glutes are engaged. Inhale, lowering your body until your chest almost touches the floor, pause. Exhale, pushing up to starting position. Repeat. Exercise can be performed from knees until strength develops.



## **Bridges** (glutes, hamstrings, core)

Lay on back with knees bent, arms at side and palms down. Push your heels into the floor and exhale, lifting hips up; keep glutes/core muscles engaged. Inhale and slowly lower hips back to starting position. Repeat.