

# Desk-ercises

A short stretching routine at your desk based on the infographic below will help you reduce strain on your neck, arms and lower back. Follow these 15 simple exercises you can do at your desk.

Give some of them a try!

## 1. USE YOUR CHAIR



Sit on your chair with your legs crossed, sit up straight, hold in your tummy and then lift yourself up using the armrests. Hold for 10-20 seconds and repeat 5 times.

## 2. TRICEP DIP



Sit on the edge of your desk with your feet together and place your palms either side of you. Move your bum forward and then bend your arms to dip and raise yourself. This is great exercise for your arms.

## 3. WRISTS



If you spend a lot of time typing at your desk you may be at risk from carpal tunnel syndrome. To lower the risk simply carry out this move every day. Stand at your desk, place your palms on the desk with your fingers facing towards you. Keep your arms straight and lower your body until you feel the stretch. Hold for 15 seconds.

## 4. LOWER BODY STRETCH



Sit in your chair, feet flat on the floor. Extend one leg out in front of you, hold for 2 seconds. Raise it as high as you can and hold for 2 seconds. Repeat 15 times on each leg.

## 5. SPINAL STRETCH



Sit tall in your chair, keep your feet together. Stretch your arms to the ceiling. Put your left hand on the desk, hold the back of your chair with your right hand and twist to the right. Hold for 10 seconds. Release and repeat the twist in the other direction.

## 6. SHOULDER STRETCH



Sit tall in your chair, reach your left hand behind your back (between your shoulder blades with your palm facing out). Reach your right hand towards the ceiling, then bend it down to meet your left hand. Grasp and stretch. If you can't interlock your hands keep trying, practise makes perfect.

## 7. HAMSTRING STRETCH



This move has multiple benefits, it stretches the hamstrings, lower back, and calf muscles. Push your chair away from your desk and put your leg up on the desk. Flex your foot and lean forward (keep your back straight). Hold for 10 seconds. Repeat with the other leg.

## 8. SIDE STRETCH



Sit up straight in your chair and raise your left arm towards the ceiling, grab your left wrist with your right hand and pull it to the right. You should feel a stretch down your left side, hold for 10 seconds. Swap arms and repeat on the right side.

## 9. BUNS OF STEEL



To tone your buttocks simply squeeze, hold for 10 seconds and release. Repeat as many times as you can.

## 10. HAMSTRING CURL



Stand behind your chair, hold onto the back for support. Bend your knee and kick your left foot up behind you towards your bum, lower and repeat with the other leg. Aim for 10 reps each side.

## 11. ARM STRETCH



Sit straight in your chair, feel flat on the floor, and place your hands in prayer position in front of your chest. Push your hands together and feel the stretch, hold for 20 seconds and repeat as often as you need to.

## 12. SHOULDER BLADES



Sit up straight and roll back your shoulders until the shoulder blades are pinched together. Release and repeat for 12-15 reps.

# Moving more during the workday

- Walk or cycle to work; park your car at a distance
- Embrace the staircase
- Schedule walking meetings
- Walk during lunchbreak
- Start a before/after work or lunchtime sports group
- Use standing desk where possible
- Incorporate stretching breaks into your day
- Set some time for a desk workout



## Movement moments



1. **Leg circles:** Improve hip flexibility and stability.
2. **Spine stretch:** Arch your back to improve spinal flexibility.
3. **Arm circles:** Work your upper body.
4. **Single leg stretch:** Stretch your hamstrings and inner thighs.
5. **Chest lifts:** Engage your chest muscles

## Office stretches and exercises



*Glutes & Lower Back*



*Back*



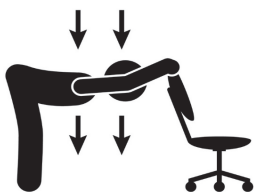
*Legs*



*Glutes & Abductors*



*Glutes & Abductors*



*Back & Lateral*



*Shoulder & Upper Back*



*Calves Stretch*



*Neck*



*Triceps Dip*



*Chest Expansion*



*Oblique*



*Tricep*



*Shoulder Shrug*



*Back & Shoulder*