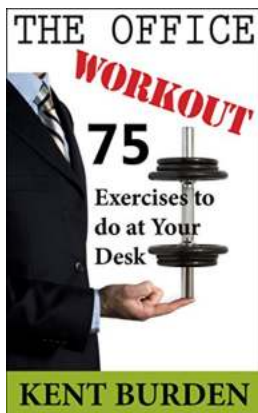


# 75 Exercises To Do At Your Desk

Are you tired of sitting at your desk for long hours and feeling the strain on your body? Incorporating exercise into your daily routine can help combat the negative effects of sedentary behavior. Regardless of your workload and how busy your day might seem, you can still find time to do some simple exercises right at your desk. These exercises are quick, easy, and effective in relieving stress and improving your overall well-being.

## 1. Neck Stretch:

Sit up straight and gently drop your right ear towards your right shoulder, feeling the stretch on the left side of your neck. Hold for 15 seconds and repeat on the other side.



## The Office Workout: 75 Exercises to do at Your Desk by Kent Burden (Kindle Edition)

★★★★☆ 4 out of 5

Language	: English
File size	: 4484 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 182 pages
Lending	: Enabled



## **2. Wrist Circles:**

Stretch out your arm and rotate your wrist in circles, both clockwise and counterclockwise. This exercise helps prevent wrist strain caused by repetitive typing.

## **3. Leg Extensions:**

While sitting, straighten one leg and hold it in the air for 10-15 seconds. Repeat with the other leg. This exercise strengthens your legs and improves circulation.

## **4. Shoulder Rolls:**

Roll your shoulders forward and backward in a circular motion. This exercise helps release tension in your neck and shoulders.

## **5. Seated Glute Squeeze:**

Simply squeeze your glutes tightly and hold for 5-10 seconds. Repeat for a few sets. This exercise helps strengthen your gluteal muscles and improve posture.

## **6. Arm Stretches:**

While sitting or standing, extend one arm across your body and use your other hand to pull it gently towards you. Hold for 15 seconds and switch arms. This stretch targets the muscles in your shoulders and upper back.

## **7. Ankle Alphabet:**

Sit on the edge of your chair and lift one foot off the floor. Rotate your ankle in various directions to form the letters of the alphabet. This exercise improves ankle mobility and prevents stiffness.

## **8. Tummy Twists:**

Sit up straight and twist your upper body to the left, then to the right. Repeat for several sets. This exercise helps stretch your back and waist muscles.

## **9. Wall Push-Ups:**

Find a solid wall and stand arm's length away from it. Place your hands on the wall slightly wider than shoulder-width apart. Lower your body towards the wall by bending your elbows, then push back to the starting position. This exercise is great for strengthening your chest and shoulder muscles.

## **10. Chair Dips:**

Sit on the edge of your chair and place your hands on the seat, fingers pointing forward. Slide your bottom off the chair and straighten your arms. Bend your elbows and lower your body a few inches, then press back up. This exercise targets your triceps.

## **11. Calf Raises:**

While standing, lift both heels off the floor and raise your body onto your toes. Hold the position for a few seconds, then lower your heels back down. This exercise helps strengthen your calf muscles.

## **12. The Seated Plank:**

Sit on the edge of your chair, place your hands next to your hips, and lift your bottom off the seat. Hold this position for as long as you can, engaging your core muscles. The seated plank is an effective exercise for strengthening your core.

## **13. Squats:**

Stand up from your chair, extend your arms forward, and squat down as if you are about to sit back down. Keep your back straight and your heels flat on the ground. Stand up again and repeat. This exercise targets your glutes and thighs.

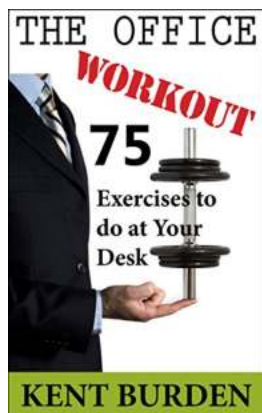
## **14. Water Bottle Weights:**

Grab two water bottles and use them as weights. You can do bicep curls, shoulder presses, or tricep extensions right at your desk. This exercise helps tone your arms without requiring any fancy equipment.

## **15. Desk Push-Ups:**

Place your hands on the edge of your desk, shoulder-width apart, and step back slightly. Lower your chest towards the desk by bending your elbows, then push back up. This modified push-up exercise targets your chest and arms.

These are just a few examples of the exercises you can perform right at your desk. Remember to take short breaks throughout your workday and incorporate these exercises into your routine. Keeping your body active will not only improve your physical health, but it will also boost your productivity and focus.



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Feeling unhealthy and trapped at your desk every day? Want to get healthier and live a healthy lifestyle but can't imagine finding time to go to the gym? Wellness expert Kent Burden shares his innovative, easy and effective arsenal of 75 exercises you can do at your desk without even breaking a sweat! Sample this simple office workout to look better, feel better and even work better—and it won't interfere with doing your job! This book is packed with pictures of how to do the exercises and shows you how easy it is to be more active at work!

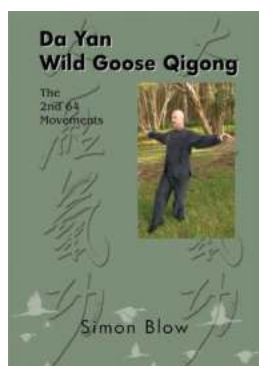
With new research showing that prolonged sitting is as bad for your health as smoking cigarettes, The Office Workout teaches you how to do micro workouts that yield big results and help busy people like you stay active all day long. Lose weight, gain muscle, get ripped, and be healthier all in 1-5 minutes per hour!

Did you know that...

- A 1-5 minutes of office exercise each hour makes you more productive
- Short burst strength training improves blood flow to the brain
- Raising your heart rate even for a minute or two improves mental focus and creativity
- You burn 60 more calories each hour by standing than by sitting
- Being more active can save both you and your company BIG MONEY on healthcare costs

This book will help you...

- Lose weight
- Increase bone mass
- Burn more calories all day long
- Decrease your chance of developing diabetes, heart disease, stroke, kidney disease, cancer and other lifestyle diseases
- Reduce back pain and strengthen your back by showing you simple exercises for back pain
- Get healthy, feel better and more energized all day long



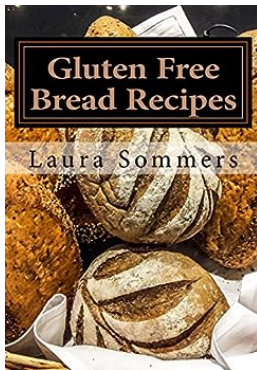
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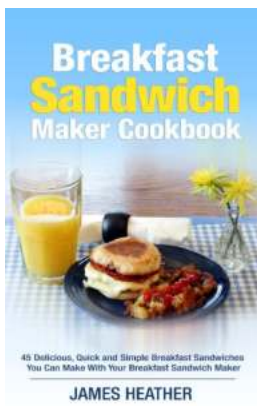
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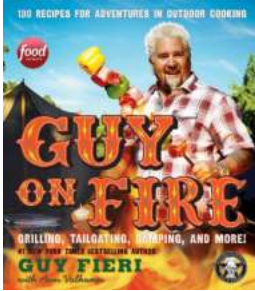
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