

15 EXERCISES YOU CAN DO AT YOUR DESK

We all say that we are too busy but with these great moves you can do at your desk you have no excuses. Try out some of these desk and office exercises and start feeling better today.

1. USE YOUR CHAIR



Sit on your chair with your legs crossed, sit up straight, hold on your knees and then lift yourself up using the arms. Hold for 10 - 20 seconds and repeat 3 times.

2. TRICEP DIP



Sit on the edge of your desk with your feet together and place your arms on the desk. Lean forward and then bend your arms and lower your body. 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 wrap your hands around the desk at your desk, place your palms on the desk with your fingers facing towards you and lower your body until your hands are just above the desk. Hold for 15 seconds.

4. LOWER BODY STRETCH



Sit on your chair, feet flat on the floor. Extend one leg out in front of you, hold for 2 seconds. Move it as high as you can and hold for 2 seconds. Repeat 10 times on each leg.

5. SPINAL STRETCH



Sit tall on your chair, keep your feet together. Stretch your arms out to the side, hold the back of your chair with your right hand and lean to the right. Hold for 10 seconds. Repeat on the other side.

6. SHOULDER STRETCH



Sit tall on your chair, reach your left hand behind your back. Bend your shoulder blades with your right hand on the desk. Hold for 10 seconds. Repeat on the other side.

7. HAMSTRING STRETCH



This stretch has multiple benefits. It stretches the hamstrings, lower back, and calf muscles. Push your arms away from your desk, and pull your leg right. Hold for 10 seconds. Repeat on the other side.

8. SIDE STRETCH



Sit up straight on your chair and lean your left arm towards the ceiling. Grab your left wrist with your right hand and pull it to the right. Hold for 10 seconds. Repeat on the other side.

9. BUNS OF STEEL



For lower back pain, sit on your chair, lean back, hold for 10 seconds. Repeat on the other side.

10. HAMSTRING CURL



Stand behind your chair, hold onto the back of your chair. Bend your knees and pull your left leg back. Hold for 10 seconds. Repeat on the other side.

11. ARM STRETCH



Sit up straight on your chair, lean back on the floor, and place your hands on your knees. Hold for 10 seconds. Repeat on the other side.

12. SHOULDER BLADES



Sit up straight and pull back your shoulders. Hold for 10 seconds. Repeat on the other side.

13. NECK MUSCLES



Put your head to your hands, the very most desk dwellers do when they are tired or stressed. Hold for 10 seconds. Repeat on the other side.

14. CORE STRENGTHENER



If your chair reminds you you can use that to help strengthen your core. Sit on your chair with your feet flat on the floor and hold onto the desk. Hold for 10 seconds. Repeat on the other side.

15. ANKLE ROLL



Keep your ankles loose by rotating them both clockwise and anti-clockwise, 3 times in both directions. This is great for preventing pins and needles.

useowl

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Xiaolong Qi



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Normal Instructor and Teachers World ,1923 The Independent ,1917

Shed Some Pounds the Lazy Way Annette Cain,Becky Carlson,1999 The owner of a weight loss company explains how the body deals with fat suggests supplies and equipment to keep the body lean and provides tips to avoid the diet struggle

The Independent William Livingston,1917

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