



# OFFICE EXERCISE TIPS

## Precautions

- See your doctor before trying this workout if you have any injuries, illnesses or other conditions.
- Make sure the chair you use is stable.

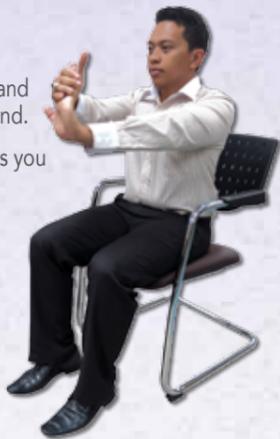
## Equipment Needed

- A chair and a water bottle or light-medium dumbbell.

## Stretches for Your Wrists and Arms

### Wrist Stretch

- Extend arm in front, palm up and grab the fingers with other hand.
- Gently pull the fingers towards you to stretch and hold for 20-30 seconds.
- Repeat on the other side.



### Wrist & Forearm

- Press hands together in front of chest, elbows bent and parallel to the floor.
- Gently bend wrists to the right and left for 10 repeats.



### Lower Back Stretch

- Sit straight and place the left arm behind left hip.
- Gently twist to the left, using the right hand to deepen the stretch and hold for 20-30 seconds.
- Repeat on the other side.



## Lower Body Exercises

### Hip Flexion

- Sit straight with abdomen in and lift the left foot off the floor a few inches, knee bent.
- Hold for 2 seconds, lower and repeat 16 times.
- Repeat on the other side.



### Leg Extension

- Sit straight with abdomen in and extend the left leg until it is level with hip, squeezing the quadriceps.
- Hold for 2 seconds, lower and repeat 16 times.
- Repeat on the other side.



### Inner Thigh

- Place towel, firm water bottle or empty coffee cup between the knees as you sit up straight with abdomen in.
- Squeeze the bottle or cup, release halfway and squeeze again, completing 16 repeats of slow pulses.



## Chair Exercises

### Chair Squat

- While sitting, lift up until your hips are just hovering over the chair, arms out for balance.
- Hold for 2-3 seconds, stand all the way up and repeat 16 times.



### Dips

- Move hips in front of chair and bend the elbows, lowering the body until the elbows are at 90 degrees.
- Push back up and repeat 16 times.



### One-Leg Squat

- Make sure the chair is stable and take one foot slightly in front of the other.
- Use the hands for leverage as you push up into a one-legged squat, hovering just over the chair and keeping the other leg on the floor for balance.
- Lower and repeat, only coming a few inches off the chair for 12 repeats.
- Repeat on the other side.



## Standing Exercises

### Hip/Knee Stretching

#### Illiotal Band

- Cross left leg behind other leg.
- Bend at waist, reaching toward floor.
- Hold 2-3 seconds and relax.



#### Quadriceps

- Pull right heel toward buttock until stretch is felt in front of thigh.
- Hold 2-3 seconds and relax.



#### Soleus Stretch

- Stand with right foot back, both knees bent.
- Keeping heel on floor, turned slightly out.
- Lean into wall/desk until stretch is felt in lower calf.
- Hold 2-3 seconds and relax.



### Ankle/Foot Stretching

#### Heel Raise

- Rise on balls of feet

