

DESK WORKOUT EXERCISES

RESIST THE SEDENTARY WORKDAY AND FIT IN SOME OFFICE-FRIENDLY EXERCISES TO BREAK UP ROUTINE AND IMPROVE YOUR HEALTH.



PUSH-UP

STEP 1 Place hands on desk, shoulder-width apart. Step back to a diagonal push-up position with heels lifted.
STEP 2 Use arms to lower chest to desk, push up, and repeat.



SQUAT

STEP 1 Stand up straight with back to chair and lower your body into a hovering squat with crossed arms.
STEP 2 Hold 5-10 seconds. Stand, repeat.



LEG RAISE

STEP 1 Sit straight in chair with arms at sides and core tight and engaged. Lift one leg straight out.
STEP 2 Hold 10-15 seconds, lower leg, and repeat on opposite side.



LUNGE

STEP 1 Stand with fingers resting on desk top, with feet shoulder-width apart. Step one leg back and lower into lunge position.
STEP 2 Stand back up and alternate sides.



TRICEP DIP

STEP 1 Stand with back to desk and place palms down on edge. Use arms to lower body until arms are at a 90-degree angle.
STEP 2 Push up with arms and repeat.



TOE RAISES

STEP 1 Rest hands on back of chair or desk, rise to the balls of your feet, squeezing legs and glutes.
STEP 2 Hold 5-10 seconds. Release and repeat.