Office Workout

Kelsey Blunck
Michaella Spenceri
Spine Stretch

Hands Out and Back Arched
Neck Stretch

Head Forward

Head Right

Head Back

Head Left
Wrist Stretch

Wrist Down

Wrist Up
Chest Exercise—Wall Push-up

Start Position

End Position
Or—Close Grip Push-up

End Position
Shoulder Exercise—Press

Start Position

End Position
Or—Front Raise

Start Position

End Position
Leg Exercise—Squats

Start Position

End Position
Or—Lunges

Start Position

End Position
Calf Raises

Start Position

End Position
Bicep Exercise—Bicep Curl

Start Position

End Position
Triceps Exercise—Overhead Extension

Start Position

End Position
Or—Chair Dips

Start Position

Start Position Modified

End Position

End Position
Abdominals—Seated Knee Lifts

Knees up and Abdominals tight
Or—Side Bends

Bend Right

Bend Left
Helpful Hints

- Make the most of your commute
- Look for opportunities to stand
- Take fitness breaks
- Keep fitness equipment in work area
- Get social
- Conduct meetings on the go
Helpful Hints

- Pick up the pace
- If traveling for work, plan ahead
- Trade your office chair for a fitness ball
- Try a treadmill desk
Thank You