Strengthening Desk-ercises

Benefits
- Helps prevent muscle loss
- Increases bone density/prevent osteoporosis
- Reduces body fat
- Improves cholesterol
- Decreases blood pressure
- Reduces risk of heart disease

Recommendations
- 2-3 times per week, wait 48 hours between sessions
- 1-4 sets of 10-20 reps
- Perform exercises in a stable chair without wheels
Squats (Quads, Glutes, Hamstrings)

Feet shoulder width apart

Wide stance with toes pointed outward; targets inner thigh; hold book chest level instead of weight
Lunges (Quads, Glutes, Hamstrings)

Traditional lunge performed
- Stationary
- Stepping forward
- Stepping backward
- Walking forward

Curtsy lunge; targets inner thigh
Hamstrings

- Standing up straight, hinge at the hips while lifting one leg off the floor, balancing on the other and keeping back straight.
- Perform one set on one side then switch.
- Use arms for balance (airplane arms or ok, too).
Calf Raises
Push-Up Variations (Chest)

- Wall push-ups, easiest
- Elevated push-ups
- Modified push-ups
- Traditional push-ups
Dips (Triceps)

- Extend legs to increase difficulty
Wall Sit (Quads)

- Stay in position for 30 seconds and increase to 60 seconds
- Remember to breathe
Plank Variations (Abs)

Plank with arms extended; Can also place hands on desk

Plank with elbows bent

Side plank variations, Level 1 = Easiest
Knee-In Variations (Abs)

1. Option 1
   Seated in a chair

2. Option 2
   Sitting on the floor
Oblique Abs

Option 1
Alternating crunches

Option 2
Bicycle crunches on chair

Option 3
Bicycle crunches on floor
Exercise Everywhere

- Recommendation to reduce sedentary behavior
  - For every 1 hour of sitting engage in 5 minutes of physical activity

- Examples
  - Park further away
  - Take the stairs
  - Stand up
  - Take a walk break
  - Chat in person
  - Walk and talk
Stretching Desk-ercises

- **Benefits**
  - Improved joint range of motion and function
  - Less likely to pull a muscle
  - Enhanced muscular performance

- **Recommendations**
  - At least 2-3 days per week
  - Static stretching performed after muscles are warmed up
  - Hold stretch for 10-30 seconds to the point of tightness or slight discomfort, repeat so time adds to 60 seconds per stretch
  - Use caution if performing exercises in a chair with wheels
Neck

- Chin to chest as shown
  - Option to gently roll neck side to side

- Ear to shoulder
  - Option to gently roll neck side to side
Back

Option 1 and 2 are the same. Option 1 is seated on a chair and option 2 is seated on the floor.
Glutes

Option 1

Option 2
Arm Across Chest (Shoulder)

- Stretching right arm
- Switch arms stretching left shoulder
Chicken Wing (Triceps)

- Stretching right arm; optional lean to the left
- Switch arms stretching left triceps; lean to the right
Wrists

No equipment necessary

Option to place palms on desk
Hamstrings

Option 1 - Sit in a chair and extend leg

Option 2 - Rest heel on a chair or bench

Option 3 - Sit on floor
Side Bends
Chest Openers

- Interlace fingers behind back or overhead
- Option to straighten elbow; use doorway
Quadriiceps Stretch

- Stand up straight
- Repeat on other leg
Calves

Gastroc Stretch
Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf.

Soleus Stretch
Stand with right foot back, both knees bent. Keeping heel on floor, slightly turned out, lean into wall until stretch is felt in lower calf.