

Lower Body Deskercises

Static Desk Lunges (while talking on the phone)

Stand by your desk and take a giant step forward. Hold onto your desk for balance if you need to. Drop your back knee parallel to the floor, then bring it back to the starting position. Try 10 on each side.



Wooden Legs (under your desk)

Sit upright in your chair and extend one leg out straight in front of you. Hold for two seconds. Then raise it up higher, hold for two more seconds. Repeat each leg 10 times.

Calf Raises (while waiting for the printer)

Stand by the printer and push up onto your tippy toes, pause at the top, then lower back down. Repeat for 3 sets of 10 reps.

Wall Sit (when dialing into meetings)

Stand with your back against the wall, feet 18" – 24" from the wall. Bend your knees and slide your back down the wall until your thighs are parallel to the floor. Hold for 30 – 60 seconds. Breathe!

Silent Glute Squeeze (when typing emails)

Try isometric glute squeezes by simply squeezing the buttocks, holding for 5-10 seconds, and releasing. Do this for one complete email. The results can be uplifting!

Upper Body Deskercises

Triceps Dips (when you need a break from your computer)

With a sturdy desk or non-rolling chair, sit at the very edge and place your hands on the chair or desk on either side of your body. Move your feet far enough away so you can slide your buttocks off the front edge slightly. Keeping your elbows tucked in toward the body, bend your arms and lower your body until your elbows reach 90 degrees, then straighten. Repeat as many times as you can. Add one more to your set each day.

Shadow Boxing (after a difficult phone call or meeting)

Pretend you're a boxer with your own style. With knees soft and core tight, throw out some punches in rapid succession. Continue for a minute or longer to blow off some steam and tone your arms, shoulders and core.



Wall or Desk Push-ups (before you leave your desk each time)

Standing two to three feet from a sturdy wall or desk, lean forward until palms are resting on the surface, arms straight. Palms should be slightly wider than shoulder width. Bend your elbows to bring your body towards the wall or desk, hold for two seconds, then push back and repeat.

Lat Pinch (when you drop your pen)

Roll your shoulders back until your shoulder blades are pushed together. Squeeze tight - imagine trying to keep a pen in that space. Hold for a few seconds, rest and repeat.

Core Deskercises

Chair Swivel (if you're lucky enough to have a fun swivel chair)

Holding on to your desk, lift one or both feet off the floor and use your abdominal muscles to swivel your chair side to side. If you don't have a swivel chair you can sit up tall and hold your core tight, then twist your upper body side to side. Try for 30 seconds.

The Abs Squeezer (when you need some stress relief)

Simply take a deep breath and squeeze your abdominal muscles as you exhale, bringing your belly button towards your spine. Repeat 10 times.

Crunch Time (just before a meeting)

Do a traditional abdominal crunch – only do it sitting up in your chair. With both hands behind your head, elbows out, pull your chest down toward your thighs, keeping your chin off your chest. For an added challenge lift your legs up so your thighs can meet your elbows half way. Go for 10 – or more!

Cardio Deskercises

Twinkle Toes (anytime you need to re-energize)

Speedily tap your feet under your desk, rapidly alternating feet. If you're up for being more conspicuous, do this while standing at the printer waiting for your document to print. Whichever way you choose, go as fast as you can!



Split Squat Jumps (after hearing good news)

With feet hip-width apart, step the left leg back two feet. Next lower into a lunge, and then accelerate upwards and switch feet in mid-air before hitting the ground. If this is too high-impact, skip the air hop and simply alternate back lunges. Repeat as many times as you want.

60 Seconds to Burn (when you need an attitude check)

Look at a clock and do any of these exercises for 20 seconds. Rest for 10 seconds and then repeat twice more with the same exercise or another. You'll be amazed at how just one minute of movement can change your perspective!

- Jumping Jacks
- Football Run
- Imaginary Jump Rope
- March in place with high knees (or mountain climb against desk)
- Shadow box

Dance Party! (whenever you feel like celebrating)

Break out your favorite dance moves. Stay low and chair dance if you don't want anyone to see you. Otherwise, stand up and let loose! Boogie for 30 seconds, rest and repeat.