

## **Office workouts**

### **1. Office Chair Abdominals**

Working on your abs while at work! Yes it is very possible. This workout involves sitting on an exercise ball while in the office. This work out works on toning your core muscles improves your balance and takes stress off your lower back. This is how it is done:

- Sit on the ball and find your balance.
- Pull your navel in.
- Pull your shoulders back (no slouching).
- Place feet hip width apart.



Exercise ball. Image Credit: HowStuffWorks

### **2. Water bottle workout**

(Using a water bottle as your weights).

- Sit tall with abs pulled in.
- Hold water bottle in right hand and curl it up towards your shoulder.
- Repeat 15 times.
- Change arms.

You can also use your water bottle to do front arm raises and overhead presses.

- Hold water bottle in right hand.
- Bend elbow.
- Extend arm overhead.
- Repeat other side.

Water bottle twists are a great way to work your waistline.

- Hold water bottle at chest level.
- Twist to the right as far as you can.
- Twist back to centre.
- Twist to the left.
- Repeat 10 times.



Front raises and twists. Image Credit: HowStuffWorks

### **3. Under desk dynamics**

Strengthening your abs and relieving your tired leg muscles, while working.

- Start with feet flat on floor.
- Sit tall at your desk.
- Hold your abdominal muscles tight.
- Extend one leg until it is level with your hip.
- Hold for ten seconds.
- Slowly lower leg.
- Repeat 15 times.
- Change legs.

Chair squats are an effective body-strengthening exercise. Sneak a few in every time you get up from your chair and sit back down.

- Stand tall.
- Keep back straight.
- Lower to one inch of chair, pretending you are sitting down.
- Hold for ten seconds.
- Lift back up to standing position.

You don't need a resistance band to get great leg toning.

- With legs straight, cross one on top of the other.

- Raise them off the floor.
- Press top leg down and resist with bottom leg.
- Do until muscles are tired.
- Repeat with opposite legs top and bottom.



#### **4. Innovative Isometrics**

##### **1. Perform hand squeezes**

- Make a fist and squeeze
- Hold for a few seconds and release
- Stretch fingers
- Repeat 10 times

##### **2. Strengthen your calves and ankles while reading, listening to the radio or on the phone**

- Stand and hold on to a chair
- Rest your left foot on the back of your right calf
- Raise on your toes and hold for 20-30 seconds
- Repeat 3 times
- Do opposite leg

##### **4. Kegel exercises aids in preventing and controlling urinary incontinence by strengthening the pelvic muscles**

- Contract pelvic floor muscles
- Hold for 5 seconds
- Relax and repeat 5 times

You can use this squeeze, hold and release technique to strengthen just about any muscle.



Calf raises

## **5. Burn calories without sweating**

It is possible to burn calories without exercising? Here are a following ways how one can loose calories:

- Standing more often can help you lose more calories than sitting down
- Fidgeting that is, chewing gum, talking with your hands, rapidly tapping your feet , can help you lose some calories
- Always try to maintain a good posture by keeping your back straight and your tummy tight
- Deep breathing helps you relax and lowers heart rate. Breathe in through your nose and out through your mouth.
- Laugh often. It tightens your stomach muscles, exercises your diaphragm, works your heart, relieves stress and gives you a better outlook on life.

## **6. Printer Exercises**

While waiting for your printer to finish, why don't you do some of the leg stretches below by holding on to the machine for balance?

1. Lift one leg to the back/ side, keeping it straight.
2. Slowly lower it, than change sides.
3. In the same position, bend your right knee.
4. Swing leg forward and back for 30 seconds.
5. Than repeat with the left leg.



### **7.Conference Table Toners**

Use conference room table for a variety of strength and toning exercises, first lift the table for its weight.

- place your hands under the table
- press up against the table
- repeat till muscles get fatigued
- this can be done with both hands or one hand

Table into the floor:

- put hands on the table with your palm facing down
- press down as hard as you can for 3-5 seconds
- repeat till muscles are fatigued
- can be done with both hands or one hand

Leg Lifts:

- sit on the edge of the chair
- press down on the table with both hands
- lift your legs as high as you can under the table while pressing down your hands



### **8. Bottom line lifters (office exercises)**

- Lower back pain exercises reduce lower back pain and strengthens gluteus muscles

Steps:

- Lift one leg up and almost off the chair
- Do side rotation motion for 30 seconds
- Squeeze your gluts muscles
- Hold for 10 seconds
- Release and repeat on the other leg.

You can even do these exercises while talking on the phone!