

Desk Workout:



Figure 4 Stretch

Hold for 30 seconds on both sides



Seated Marching

x2 sets of 8



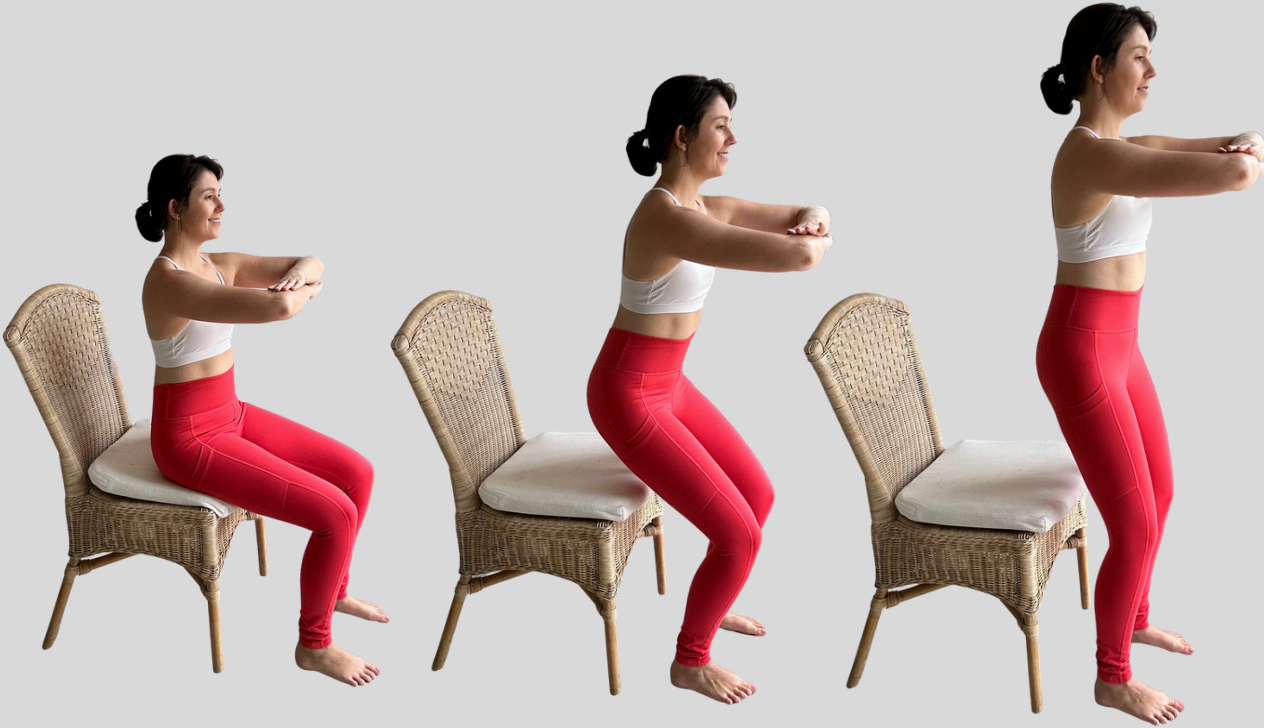
Seated March Twist

x2 sets of 8



Tricep Dips

x2 sets of 8



Sit to Stand (Chair Squats)

Progress: Heavier Weights



Chair Stretch

Hold for 30 seconds

Desk Workout:



Calf Raises

x2 sets of 8
Try alternative feet position's



Knee Drivers

x2 sets of 8 per side



Standing Donkey Kicks

x2 sets of 8



Desk Lunges

x2 sets of 8



Chair Push Ups

Start with 3 and work your way up



Chair Plank

Hold for as long as you can maintain the correct form