

15 EXERCISES YOU CAN DO AT YOUR DESK

We all say that we are too busy but with these great moves you can do at your desk you have no excuses. Try out some of these desk and office exercises and start feeling better today.

1. USE YOUR CHAIR



Sit on your chair with your feet crossed, sit up straight, hold on to your chair with your hands. Lift your arms up using the armrests. Hold for 20 seconds and repeat 3 times.

2. TRICEP DIP



Sit on the edge of your desk with your feet together and place your hands on the desk. Lean forward and then lower your arms and torso down to just above your feet.

3. WRISTS



If you spend a lot of time typing at your desk, practicing for an hour from a carpal tunnel syndrome. To lower the risk, simply pump your wrists. Sit at your desk with your right hand flat on the desk, with your fingers pointing towards the front of the desk. Hold for 15 seconds.

4. LOWER BODY STRETCH



Sit on your chair. Rest the leg on the floor. Extend one leg out in front of you. Hold for 2 seconds. Repeat 10 times on each leg and hold for 2 seconds. Repeat 10 times on each leg.

5. SPINAL STRETCH



Sit tall on your chair, keep your feet together. Stretch your back by pulling your right hand up and your left hand on the desk. Hold the back of your chair with your right hand and lean right. Hold for 10 seconds. Repeat and repeat the same for the other direction.

6. SHOULDER STRETCH



Sit tall on your chair, reach your left hand behind your back. Lift your right hand up and your left hand on the desk. Hold the back of your chair with your right hand and lean right. Hold for 10 seconds. Repeat and repeat the same for the other direction.

7. HAMSTRING STRETCH



This stretch has multiple benefits. It stretches the hamstrings, lower back, and calf muscles. Push your right hand against your desk and your left leg on the desk. Hold for 10 seconds. Repeat and repeat the same for the other direction.

8. SIDE STRETCH



Sit up straight on your chair and use your left hand to hold the desk. Push your right hand up and your left hand on the desk. Hold for 10 seconds. Repeat and repeat the same for the other direction.

9. BUNS OF STEEL



Sit on your chair. Push your right hand up and your left hand on the desk. Hold for 10 seconds. Repeat and repeat the same for the other direction.

10. HAMSTRING CURL



Stand behind your chair, hold onto the back of the chair. Bend your knees and kick your left leg up behind you. Hold for 10 seconds. Repeat and repeat the same for the other direction.

11. ARM STRETCH



Sit up straight on your chair. Push your right hand up and your left hand on the desk. Hold for 10 seconds. Repeat and repeat the same for the other direction.

12. SHOULDER BLADES



Sit up straight and use your right hand to hold the desk. Push your left hand up and your right hand on the desk. Hold for 10 seconds. Repeat and repeat the same for the other direction.

13. NECK MUSCLES



Put your hand on your head, the easy most desk stretch. Sit up straight on your chair. Push your right hand up and your left hand on the desk. Hold for 10 seconds. Repeat and repeat the same for the other direction.

14. CORE STRENGTHENER



If your chair reminds you that you are sitting, it is time to get up. Sit up straight on your chair. Push your right hand up and your left hand on the desk. Hold for 10 seconds. Repeat and repeat the same for the other direction.

15. ANKLE ROLL



Keep your ankles loose by rotating them both clockwise and anti-clockwise, 3 times in both directions. This is great for preventing pins and needles.

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