

DESK WORKOUT PROGRAM

The *Desk Workout Program* incorporates low-intensity exercises that can be easily performed in limited spaces. These exercises were collected from materials presented by the American Council on Exercise (ACE). One can easily perform the *Desk Workout* by following the program outlined below using the exercises described on the following page. As with any exercise program, be careful to consult your health care provider to ensure that these movements do not present a risk to your health.

PROGRAM

- *Frequency: 2-3 times a week*
- *Intensity: Work the muscle to failure*
- *Time: 15-20 minutes, or 10 minute intervals*
- *Type: Full body exercises (10-12 reps) (2-3 sets)*

WORKOUT

See description on previous page for details of each exercise.

- *Draw-in Maneuver 10 times hold for 10 sec. (Abs)*
- *Shoulder Retractions (Shoulders)*
- *Wall or Desk Push-ups (Chest/Back)*
- *Desk Dips (Triceps)*
- *Chair Squats or Lunges (Legs)*
- *Water bottle curls (Biceps)*
- *Chair Calf raises (Calves)*

THINGS TO REMEMBER:

- *Good Posture*
- *Abs In*
- *Don't Hold Your Breath*
- *Slow and Controlled Movement*
- *Tighten Your Muscles*
- *Keep Moving*
- *Drink Plenty of Water*



DESK WORKOUT EXERCISES

Always Start with Good Posture

Start each of these exercises with good posture to strengthen and protect your back. Make sure that your head is in a neutral position by placing your ears over your shoulders, pull your shoulders back so the muscles hug your spine, draw-in and contract your abdominal muscles, and tighten your buttocks to place your hips in a neutral position.

- **Draw-In Maneuver** – This exercise is to train your inner abdominal muscles. While sitting at your desk, put both feet flat on the floor. Practice your good posture, arms at your side. Start by taking a deep breath in through the nose. As you exhale draw the abdomen in as if pulling the belly button to the spine. Keep contracted for 5-10 sec. Repeat 10X.
- **Shoulder Retraction** – This exercise is to strengthen your back muscles. While at your desk, both feet flat on the floor, sit away from the back of your chair. Practice your good posture. Arms relaxed on armrest. Squeeze your shoulder blades together, think about trying to make your shoulder blades touch. Hold for 3-5 sec. Bring back to neutral position. Repeat 10-12X.
- **Wall or Desk Push-Ups** – This exercise is to strengthen your chest, triceps, and shoulder muscles. Practice your good posture. From a standing position, face your desk and put your hands shoulder width apart at the edge of your desk, or against a sturdy wall. Walk your feet back until your body is straight. Lower yourself toward the desk or wall, till your chest nearly touches it. Contract your chest and push back up until your arms are straight (don't lock your elbows). Repeat 10-12X.
- **Desk Dips** – This exercise is to strengthen your triceps muscles. Practice your good posture. Begin standing, facing away from your desk and place your palms on the edge of your desk. Take a couple of steps forward, feet flat on the floor, legs together. Pretend you are sitting in a chair and lower yourself until your arms and legs are at a 90-degree angle. Then pushing through your palms, elbows tucked in, extend your arms (make sure to not shrug your shoulders). Repeat 10-12X.
- **Chair Squats** – This exercise is to strengthen your legs and hips. Practice your good posture. Stand, face your chair and put your hands on the back of your chair for support. Feet should be shoulder width apart. Slowly descend by bending at the hips, knees, and ankle squat to about a 90-degree angle. Then while keeping your weight distributed through the heel and mid-foot, reverse the direction and proceed to a standing position. Repeat 10-12X.
- **Water Bottle Curls** – This exercise is to strengthen your bicep muscle. Practice your good posture. Sit at the edge of your chair and grab your water bottle. With your arms relaxed at your side, tighten your bicep and pull toward your shoulder, then return by extending your arm toward the floor. Repeat 10-12X and then switch arms.
- **Calf Raises** – This exercise is to strengthen your calf muscles. Practice your good posture. While seated at your desk, put both feet flat on the floor, then raise both heels and distribute weight onto toes. Hold this position 2-3 seconds then return heels to floor. Repeat 10-12X.

