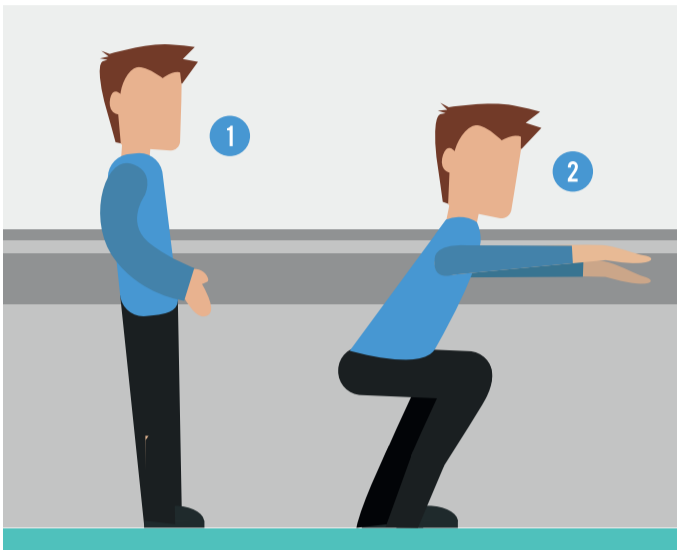


DESKERCISE OFFICE WORKOUT

Sneaky exercises for a healthier and happier workday!

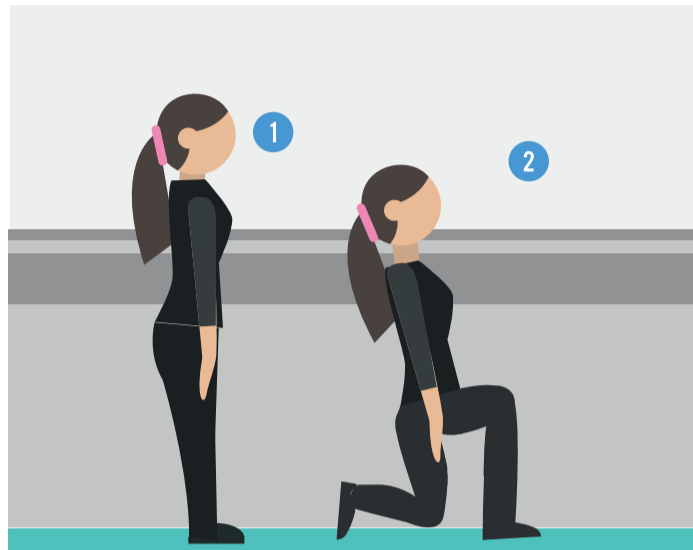
Beginner: 3 Sets with 1 minute rest
Intermediate: 5 Sets with 1 minute rest
Advanced: 7 Sets with 30 seconds rest



SQUATS

Keep your core engaged, back as straight as possible and clench your butt at the top.

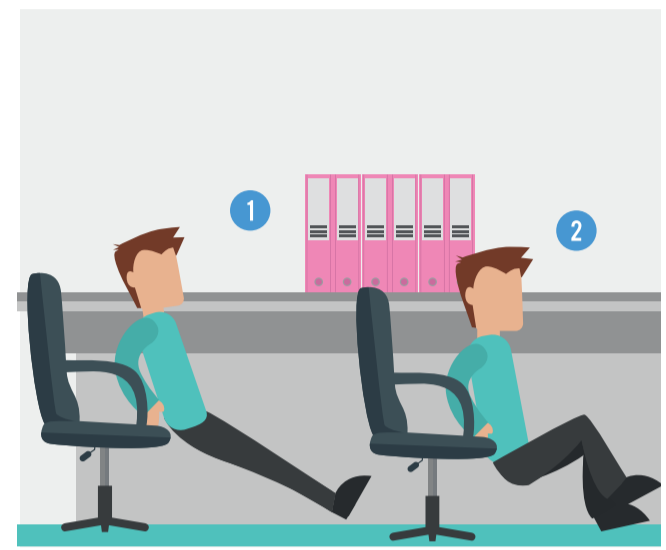
20 Squats



LUNGES

Face forward, bend your knees to lunge and push back on your leading leg. Alternate for each leg.

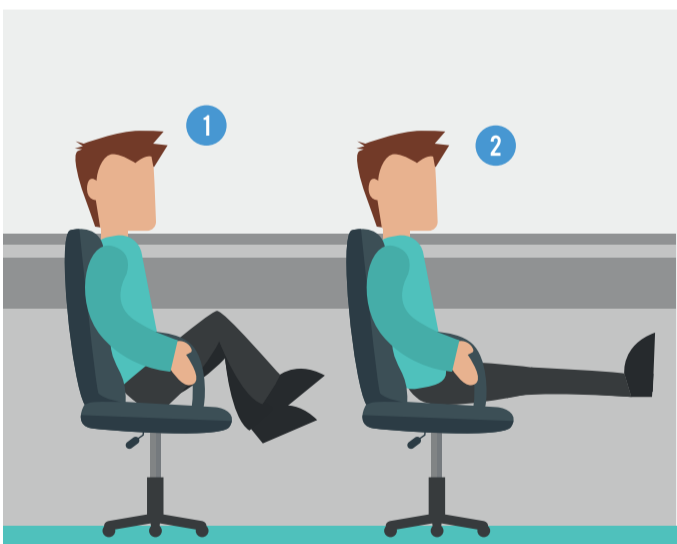
20 on each leg



TRICEP DIPS ON YOUR CHAIR

Make sure your chair is not on wheels and is sturdy!

10 reps



KNEE LIFTS

Hold on to the chair. Lean back until you abs engage and then lift your knees up towards your chest.

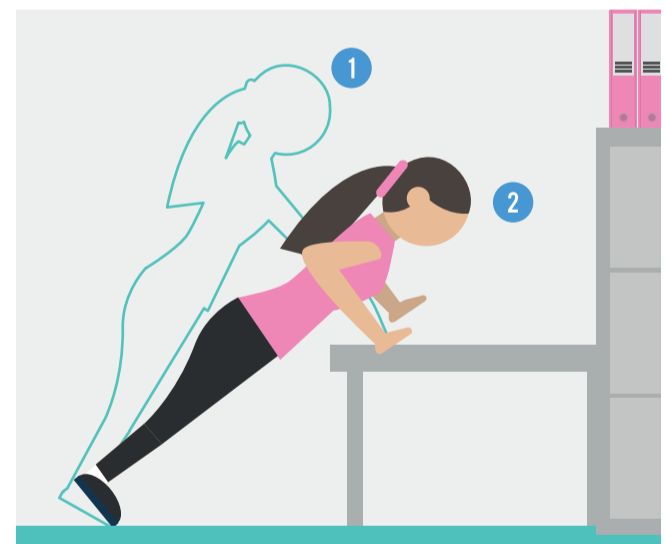
10 reps



LEG LIFTS

Sit straight, engage your abs and straighten your leg until parallel with your hips! Alternate each leg.

20 on each leg



DESK PUSHUPS

Form is everything! Keep a straight line from your head to your heels.

10 reps

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