

# Deskercise!

## 20 WAYS TO GET MOVING WHILE YOU WORK

The term "deskercise" refers to exercise that can be performed throughout your workday and even from your desk. There are a variety of movements available; here are 20 inclusive ways to effectively add more movement into your day.

### CARDIOVASCULAR

#### 1. JOG IN PLACE:

This exercise can be done seated or standing. Continue the movement for one minute. If standing, increase intensity by picking up your knees.



**2. SKI ARMS:** Hold arms up and out fully extended with one arm forward and the other back. Swap arms back and forth moving continuously for one minute.



**3. SEATED DANCING:** There is no shame in a quick bout of seated dancing. Maybe you have a closed door or cubicle barrier. Regardless, let loose for one minute and get your heart pumping.



#### 4. PUNCH IT OUT:

From a seated or standing position take some jabs into the air continuously for one minute. To ramp up the intensity grab some full water bottles for added weight or perform in a squat position if standing.



**5. ARM CIRCLES:** Sit tall on the edge of your chair with arms fully extended to the side. Make small circles and work your way up to larger circles. Continue for one minute.

### STRENGTH

**6. SQUEEZE:** Perform an isometric hold on either your glutes or abdominals for 10 seconds and release. Repeat squeeze five times.

#### 7. WALL SIT:

Find a wall, squat down with your thighs parallel to the floor, make a 90-degree angle with your legs, and hold for a minute. You can also split the challenge into two, 30-second sits.



#### 8. CHAIR SQUAT:

Sit on the edge of your chair with feet about shoulder-width apart. Stand up without using your hands and then squat down to return to your chair. When squatting, stick your backside out and always make sure your knees do not cross over your toes. Complete 8-10 reps.

#### 9. DESK DIP:

Use a sturdy desk or a non-rolling chair. Sit at the very edge if using a chair and place your hands on both sides of the body. Plant both feet on the floor and take one to two steps away from the desk or chair. Bend your elbows down to a 90-degree angle, hold, and re-straighten. Complete 8-10 reps.



#### 10. HAND SHAKE:

Clasp hands in front of chest as if you were giving yourself a handshake. One thumb should be up and the other down. Pull as hard as you can and hold the movement for 20 seconds repeating twice.



#### 11. PRAYER HANDS:

Seated upright with feet flat on floor, bring palms together in front of your chest; push both hands together powerfully until you feel your arm and chest muscles contract. Hold for 20 seconds and repeat twice.



**12. WALL PUSH-UP:** Start standing or seated in a chair about two feet from a wall. Lean forward until palms are against the wall and then bend your elbows to push yourself toward the wall. Hold push-up for a few seconds and then push back to the starting position. Complete 10 reps.



**13. CHEST FLX:** Grab two objects and hold in each hand. Begin with arms fully extended in front of your body. With objects in hand, keep the extension, move your arms out to the side and pull them back to starting position.

**14. SHOULDER ROLL BACK:** Roll your shoulders back and squeeze shoulder blades together holding for 10 seconds. Repeat the movement five times.



**15. RAISE THE ROOF:** Grab two objects and hold in each hand. Begin with your arms fully extended out in front of your body. With objects in hand, keeping the extension, move your arms out to the side and pull back into the starting position.



**16. SEATED CRUNCHES:** Seated upright with feet flat on the floor, bring your palms together in front of your chest and push both hands together powerfully until your arm and chest muscles contract. Hold position for 20 seconds; repeat twice.



**17. OVERHEAD TRICEPS EXTENSION:** Seated upright with feet flat on the floor, bring your palms together in front of your chest and push both hands together powerfully until you feel your arm and chest muscles contract. Hold the position for 20 seconds and repeat twice.

### FLEXIBILITY



**18. FOREARM STRETCH:** Hold one arm fully extended out in front of you with your fingers facing up. Use your other hand to pull your fingers back towards your body and hold the stretch for 10 seconds. Repeat with your other arm. Now perform the same movement but with your fingers facing down on each arm.



#### 19. SHOULDER

**STRETCH:** Clasp your hands together in front of your chest as if you were giving yourself a hand-shake. One thumb should be up and the other pointing down to the ground. Pull as hard as you can and hold the movement for 20 seconds repeating twice.



**20. CHEST OPENER:** Grab two objects such as a full water bottle and hold in each hand. Begin with your arms fully extended out in front of your body. With objects in hand, keeping the extension, move your arms out to the side and pull them back into the starting position.