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# QUICK & EASY OFFICE EXERCISES



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## *SQUATS*

- Stand behind chair with feet hip-width apart, hands on chair
- Slowly “sit” to a count of 3
- Slowly rise to a count of 3
- Repeat 5-10 times

### **\*VARIATIONS:**

1. Add knee lifts as returning to standing
2. Add side leg lift as returning to standing
3. Remain in “seated” position and pulse x4



## *SEATED LEG LIFTS*

- Sit upright in chair
- Straighten one leg until parallel with floor, holding for a count of 4
- Lower and repeat with other leg
- Repeat 5-10 times each leg
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## *SEATED CRUNCHES*

- Sit on edge of chair, leaning back so that shoulder blades touch top of chair
- Lift both knees toward chest while bringing shoulders and head toward the knees
- Repeat 5-10 times

### **\*VARIATION:**

Alternate knee lifts with crunches

## *CALF RAISES*

- Stand behind chair with feet hip-width apart, hands on chair
  - Slowly lift and lower heels
  - Repeat 5-10 times
- ### **\*VARIATIONS:**
1. Hold heel lifts 4-10 counts; lower and repeat 5-6 times
  2. Balance on one foot; lift and lower 5-10 times; repeat other leg

## *ABDOMINAL/ GLUTE SQUEEZE*

- Sitting in an upright position, pull bellybutton toward spine
- Squeeze glutes (buttocks muscles) together and hold for a count of 10; repeat 5 times