

## Exercising at the desk

Exercise within your own limits, completing as many repetitions as time or fitness allows. Perform each stretch for 15 - 30 seconds.



### **Arm circles**

Stand tall, shoulders back, raise your arms level with the shoulders. Perform small circles with the arms, forwards and backwards.



### **Arm pulses**

Stand tall, shoulders back and down, arms straight slightly behind you. Gently pulse your arms backwards and forwards.



### **Calf raises**

Stand tall, holding on to a table or chair, lift both heels off the ground.





### **Chair marching**

Sit upright with good posture, alternate lifting each knee.



### **Chair squats**

Sit towards the front of the chair, feet flat on the ground but behind the knees. Lean forward and stand up. To sit down, flex forward, gently lower your bottom onto the seat.



### **Eagle stretch**

Sit with good posture and extend your arms out in front. Cross the arms at the elbows and bend the elbows at 90 degrees. Aim to place the backs of your hands together.



### **Elbow to knee**

Sit tall with your hands behind your head. Lift your right knee and rotate the torso so your left elbow moves towards your right knee. Alternate between sides.



### **Hamstring stretch**

Sit on the edge of the chair, extend one leg straight and flex forward at the hip keeping your back straight.



### **Knee to chest stretch**

Sit upright and bring one knee towards your chest. Hold, then change legs.



### **Leg pulses**

Stand tall, holding on to a chair or table. Bend one knee, raise and lower your foot. Alternate your legs.



### **Lunges**

Stand upright, take a step forward with one leg. Bend your back knee towards the floor and move your torso up and down. Ensure your front knee does not bend over your toes.





### **Neck rolls**

Sitting tall, very gently perform small circular movements with your head.



### **Oblique twists**

Sit tall, chest facing forward and hands holding the table in front, gently lift and move your knees from side to side or swivel if using a chair with wheels.



### **Chest stretch**

Sit tall on the front of the chair. Clasp your hands with straight arms behind your back and gently lift your arms and hold.



**Pretend skipping** Stand upright, hands by your side. Hop from one foot to the other and circle the wrists. Speed this up to make it more difficult.



### **Shoulder shrugs**

Sit upright, lift both shoulders towards your ears and lower again.



### **Shoulder stretch**

Sit tall, clasp your hands above your head and straighten your arms.



### **Torso twist**

Sit tall, bend your elbows and hold your arms at chest height. Gently rotate the torso from side to side keeping your hips and legs facing forwards.



### **Tricep stretch**

Sit with upright posture, place your left hand behind your shoulder blades. Place your right hand on the left elbow, gently pulling the left elbow backwards. Repeat with your right hand.



### **Wall press up**

Place both hands on the wall. Bend your elbows and move the torso towards and away from the wall. Increase difficulty by moving your feet further away from the wall.



### **Wrist stretch**

Place your hands flat on the table. Rotate your hands so the fingers are pointing towards your body. Move your torso backwards to increase the stretch.