

# 10 REPS, 3 SETS AND YOUR DESK

## QUICK WAYS TO WORKOUT AT WORK

Want to feel a little less antsy at your desk? Get blood flowing to restless legs and tight shoulders with these quickly accomplished stretches and micro-workouts, perfect for when you need a pause in your workday.



Have you considered a standing desk? Standing burns more calories than sitting, helps you maintain good posture and can reduce back pain.



Hunching over your desk all day causes tight muscles. Stay loose! Sit upright or stand, clasp your hands behind your back, and stretch while bringing your shoulder blades together.

**10 reps, 3 sets**



Switch out your traditional office chair for a stability ball to strengthen core muscles, improve posture and diminish body aches and discomfort.



How about reading and doing wall squats at the same time? Lean back against a wall then slowly bend your knees. Hold for 30 seconds. Strive to get lower each time.

**30 secs., 3 sets**



To relax neck and shoulder tension, sit tall and raise shoulders up towards your ears. Hold a few seconds then release.

**10 reps, 3 sets**



Starting from a seated position, stand up then hover over your seat for a quick set of squats.

**10 reps, 3 sets**