

Exercise List

Upper Body

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|-------------------------------------|---------------------------------------|
| Chest fly | Reverse fly |
| Bicep curls | Triceps push down, Triceps kick-back |
| Overhead shoulder press | Overhead shoulder press with rotation |
| Lying dumbbell chest press | Standing cable row |
| Bent over dumbbell (or barbell) row | Overhead |
| Lateral raise | |

Lower Body

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|-------------------|---------------------|
| Body weight squat | Plie squat |
| Seated leg press | Leg extension |
| Hamstring curl | Standing calf raise |
| Forward lunge | Reverse lunge |
| Bench/box step-up | Side leg lift |

Core

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|------------------------------------|-----------------------------|
| Basic plank (on elbows) | Basic plank (arms extended) |
| Plank (forearms to hands) (R to L) | V-sit |
| Crunches | Supermans |

Workstation Exercise List

Basic Workstation Exercises

| | |
|---------------------------|-------------|
| Bodyweight squats | Plie squat |
| Curtsey lunge | Calf raises |
| Standing plank (wall) | V-sit |
| High knee march (on spot) | Supermans |
| Push ups (desk, wall) | Wall slides |

Other Workstation Exercises

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|--------------------------|--|
| Arm pump | Pump both arms over your head |
| Leg extensions | Sit in your chair. Extend R leg until level with your hip. Hold for 30 sec. Alternate sides. |
| Wall sit | Rest your back against a wall. Move your feet away from the wall. Knees are bent at 90 degrees with the wall supporting your weight. Hold for 1 min. |
| Low-impact jumping jacks | Raise your R arm and L leg out to the side at the same time. Alternate sides for 1 min |
| Chair squats | Lift your butt 3-4 inches off your seat. Hold for 10-15 sec. |
| Pretend jump rope | V1: Hop on both feet, or alternate your feet. V2: Move your arms as if turning a jump rope and tap your feet in front of you (one at a time). |
| Standing Leg Curl | Stand behind your chair and hold on for support. Gently kick one foot back, aiming the heel for the top of your thigh. Lower your foot back down and repeat with other leg. |
| Desk chair swivel | Do you have a swivel chair? Use its rotation to your advantage with this oblique abdominal fix. Sit upright and allow your feet to hover over the floor. Hold the edge of your desk with your fingers and thumbs. Use your core to swivel the chair from side to side. |

Stretches

| | |
|------------|-------------|
| Chest | Back |
| Triceps | Shoulders |
| Hamstrings | Glutes |
| Quads | Hip Flexors |