

Office Warrior Workouts – Non-Seated Exercises

These exercises are designed to keep you mobile and active even if you are at your desk all day long! They will also help you relieve stress in your back and body as well as the mind. Each workout will only last 2 minutes and you should try to get in at least four of these 2 minute workouts during the work day.



WORKOUT #2: NON-SEATED EXERCISES

Desk Mountain Climbers



Stand facing your desk and place both hands on the edge of the desk about shoulder width apart. Walk your feet back until you are in a plank position with your body forming a straight line from your head to your heels. Bend your arms 45 to 90 degrees. Quickly pull your right knee straight up toward your chest. Lower and immediately repeat with the opposite leg. Continue exercise for 30 seconds.

Chair Hover Squat



Sit tall at the edge of your seat with your feet flat on the floor, hip width apart. Extend your arms straight in front of your chest, palms facing the floor. Press into your feet and raise your butt off the chair, so your hips are hovering over the seat. Hold for 3 seconds then stand all the way up. Sit down and repeat for 30 seconds.

Chair/Desk Dips



If you don't have a sturdy chair, use your desk. Stand facing away from your desk and place your hands on the desk on either side of your hips. Extend your legs straight in front of you. Bend your elbows and lower your hips toward the floor until your shoulders are in line with your elbows. Press back to starting position and repeat for 30 seconds.

Standing Russian Twists



Standing with your feet shoulder width apart and knees slightly bent, raise your arms straight in front of your chest and hold light object in hands or simply claps hands together. Pivot the right foot and twist body to the left, immediately twisting back to the right while pivoting left foot. Repeat movement for 30 seconds.

