

Office Warrior Workouts – 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 #1: SEATED EXERCISES

Seated Knee Lifts



Come to the front of your chair. Place your hands palm down on the chair and straighten your back. With feet side by side and keeping knees bent, engage the core and raise your knees, keeping your back straight and exhaling as you do so. Lower feet towards floor but do not touch. Repeat this movement for 30 seconds.

Overhead/Behind Back Rows



Seat yourself at the front of your chair, keep back straight but bend forward at a 45 degree angle. Pick up an object of small weight in one hand (paperweight, water bottle, 1lb hand weight). Reach over your head, inhale, and pass the object from one hand to the other, open arms and reach behind your back, exhale, being sure to squeeze shoulder blades and pass the object to the other hand. Repeat movement for 30 seconds.

Seated Twists



Sit up tall in your chair with your feet flat on the floor. Reach across your body with your left hand and place your right hand on your left upper left arm. Hold on to chair arm or back and pull gently. Hold for 5 seconds. Repeat with opposite arm. Repeat movements for 30 seconds.

Rag Doll (Lower Body Stretch)



Sit tall on front of chair with feet flat on floor. Open legs wider than hips. Take a deep inhale through the nose and as you exhale (through the nose) lower your body and reach with your hands between your feet so they are flat on the floor. Lower your head and allow your body to relax. Continue deep breathing through the nose and allow the body to drop each time, stretching the upper and lower back. Continue for 30 seconds. Slowly come back to a tall seated position on the last exhale.