

Exercise List At Home or Gym

Upper Body

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

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

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

Workstation Exercise List

Basic Workstation or Break Exercises

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

Break Exercises

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 (in appropriate footwear)	Raise your R arm and L leg out to the side at the same time. Alternate sides for 1 min
Chair squats (secure chair)	Lift your rear end 3-4 inches off your seat. Hold for 10-15 sec.
Pretend jump rope (in appropriate footwear)	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 (with control)	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