

8 EXERCISES YOU CAN DO AT WORK

Get fit at your desk!

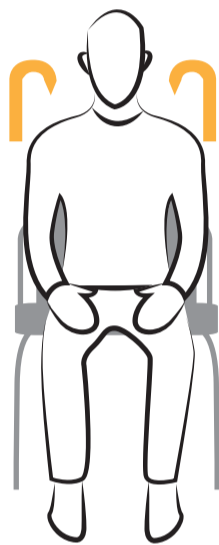
1 Lower-Body Lifts

Sitting upright in your chair, stretch one leg straight out and hold it for 10 seconds. Repeat 6 times with both legs.



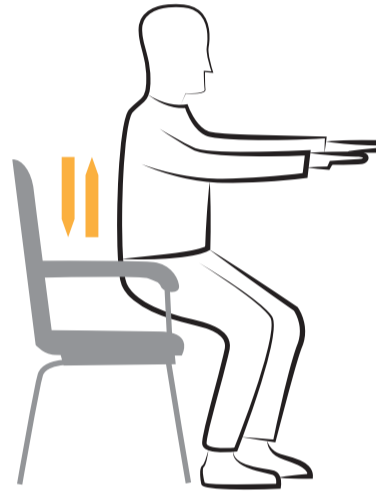
2 Shoulder Shrugs

Put your shoulders as high as you can and roll them forward. Do 10 reps forward and 10 reps backwards.



3 Leg Squats

Stand in front of your chair and repeat the act of sitting down without actually touching the chair. Do 10 reps in a set and complete three sets a day.



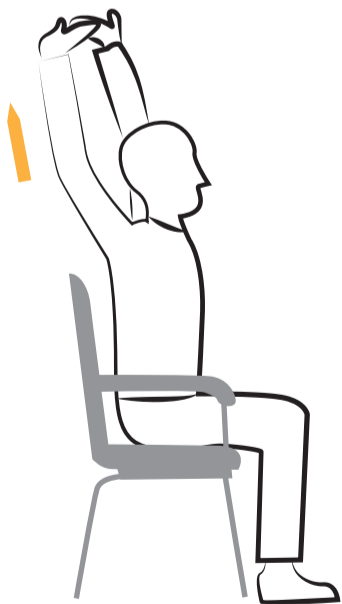
4 Chair Dips

Squat with your hands on the edge of the chair behind you and slowly lower your body past the seat. Lift your body by straightening your arms. Do 20 reps in set and complete 3 sets a day.



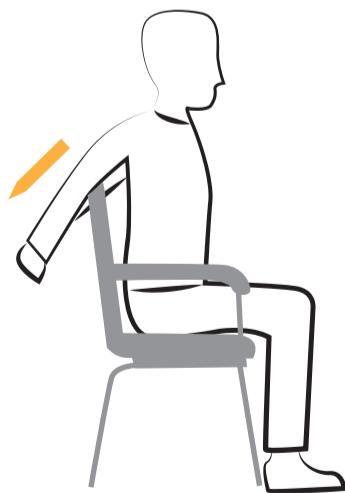
5 Shoulder Stretch

Interlock your fingers, raise palms towards the ceiling and inhale deeply whilst pushing your shoulder back and chest out.



6 Chest Stretch

Interlock your hands behind your back, extend your arms gently and feel that stretch across your chest.



7 Knee Raise

Raise your knee to your chest and hold it for 30 seconds, feel the stretch in your glutes.



8 Body Twist

Sitting, cross one leg over the opposite side, and gently twist the upper body to the opposite side and feel the stretch along the spine whilst supporting yourself on your chair.



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