



Exercises you can do at your desk



Below is a basic workout that allows you to stretch the body parts that suffer most from sitting down at a desk all day including your arms, wrists and back. There are also some basic strength exercises you can do either sitting at your desk or standing up.

Equipment Needed - A chair and a water bottle or light-medium weight dumbbell.

Please note:

Consult your doctor before commencing a workout routine if you have any existing injuries, illnesses or conditions. Make sure the chair you use to exercise with is stable. If it has wheels, push it against a wall to make sure it won't roll away.

Arms

Wrist Stretch

Extend the arm in front of you with the palm facing up and grab the fingers with the other hand. Gently pull the fingers towards you to stretch the forearm, holding the stretch for 20-30 seconds. Repeat the exercise on the other side.

Wrist & Forearm Stretch

Press both hands together in front of your chest with your elbows bent parallel to the floor.

Arm Dips

Ensure your chair is stable. Sit on the chair and place the hands next to your hips. Bring your hips in front of chair then bend your elbows. Lower your body down until the elbows are at 90 degrees. Push back up and perform 16 repetitions.

Bicep Curls

Hold your water bottle or dumbbell in your right hand, with your abdominal muscles pulled in and the spine straight; curl bottle upwards to your shoulder for 16 repetitions. Repeat the exercise on the other side.

Legs

One-Legged Squats

Ensure your chair is stable. Put one foot in front of the other and push up into a one-legged squat. You should be hovering just over the chair and keep the other leg on the floor for balance. Squat up and down for 12 repetitions. Repeat the exercise on the other side.

Hip Flexor Stretch

Sit up tall with your abdominal muscles pulled in. Lift your left foot up off the floor just a few inches with your knee bent. Hold it for 2 seconds, lower your leg slowly and repeat the exercise 16 times. Repeat the exercise on the other side.

Leg Extension

Sit up tall with your abdominal muscles pulled in and extend the left leg to hip height by squeezing your quadriceps. Hold it for 2 seconds, lower your leg and repeat the exercise 16 times. Repeat the exercise on the other side.

Chair Squats

Start sitting down, push up until your hips are just hovering over the chair. Hold for 4 seconds, stand all the way up, sit back down and repeat the exercise 16 times.

Back

Side Bends

Hold your water bottle or dumbbell with both hands and lift it up over the head with your arms straight. Gently bend towards the left as far as you can, contracting the abs. Come back to centre and then gently bend towards the right. Complete 10 repetitions (bending to the right and left makes one repetition).

Abdominal Twists

Hold your water bottle or dumbbell at chest height and whilst sitting down, gently twist to the left as far as you can, feeling the abs contract. Keep the knees and hips facing towards the front the whole time. Twist back to the centre and move to the left for a total of 10 repetitions. Repeat the exercise on the other side. Do not force this exercise, only twist as far as you are comfortable as you may end up injuring your back.

Lower Back Stretch

Sit up tall and place your left arm behind your left hip. Gently twist round to the left, looking over your left shoulder. You can use your right hand to help you deepen the stretch. Hold it for 20-30 seconds. Repeat the exercise on the other side.

