



EXERCISES

YOU CAN DO AT WORK IN 10-15 MINUTES

RUNNING & HIGH KNEES FOR 1 MIN.

REST FOR 15 SECONDS

CALF RAISES

RAISE YOUR HEELS OFF THE FLOOR UNTIL YOU'RE STANDING ON YOUR TOES. SLOWLY LOWER YOURSELF BACK TO THE FLOOR. DO 1 SET OF 15.

REST FOR 15 SECONDS

ARM CIRCLES

STAND WITH ARMS EXTENDED BY YOUR SIDES, PERPENDICULAR TO YOUR TORSO. SLOWLY MAKE CLOCKWISE CIRCLES FOR 15 SECONDS. THEN REVERSE THE MOVEMENT, GOING COUNTER-CLOCKWISE FOR 15 SECONDS.

REST FOR 15 SECONDS

SQUATS

STAND WITH YOUR HEAD FACING FORWARD AND YOUR CHEST HELD UP AND OUT. PLACE YOUR FEET SHOULDER-WIDTH APART. SIT BACK AND DOWN LIKE YOU'RE SITTING INTO AN IMAGINARY CHAIR. LOWER DOWN SO YOUR THIGHS ARE AS PARALLEL TO THE FLOOR AS POSSIBLE, WITH YOUR KNEES OVER YOUR ANKLES. CONTINUE DOING 1 SET OF 10.

REST FOR 15 SECONDS

FLAPPING WINGS

STRETCH BOTH OF YOUR ARMS OUT, AS FAR AS YOU CAN. BRING THEM FORWARD UNTIL THEY MEET AND STRETCH YOUR ARMS OUT IN FRONT OF YOU. REPEAT 15 TIMES.

REST FOR 15 SECONDS

PRETEND JUMP ROPE

HOP ON BOTH FEET AT ONCE, OR ALTERNATE. INCREASE THE INTENSITY BY ADDING THE ARM MOVEMENTS YOU WOULD DO IF YOU HAD A JUMP ROPE.

REST FOR 15 SECONDS

GLUTE SQUEEZE

SQUEEZE YOUR GLUTES AS HARD AS YOU CAN AND HOLD FOR 30 SECONDS.

REST FOR 15 SECONDS

FLAPPING WINGS

THIS TIME STRETCH BOTH YOUR ARMS UP OVER YOUR HEAD UNTIL YOUR FINGERS TOUCH. BRING THEM DOWN TO YOUR SIDE THEN BACK ABOVE YOUR HEAD. REPEAT 15 TIMES.

REST FOR 15 SECONDS

LUNGE

YOU CAN KEEP THIS MOVE STATIONARY. WITH 1 LEG IN FRONT OF THE OTHER, GENTLY LOWER THE KNEE OF YOUR BACK LEG DOWN TOWARDS THE GROUND. 10 TIMES ON EACH LEG.

REST FOR 15 SECONDS

SIDE LEG RAISE

SLOWLY LIFT ONE LEG OUT TO THE SIDE. KEEP YOUR BACK LEG STRAIGHT AND YOUR TOES FACING FORWARD. HOLD FOR 1 SECOND. BREATHE IN AS YOU SLOWLY LOWER YOUR LEG. REPEAT 15 TIMES THEN SWITCH LEGS & REPEAT 15 TIMES WITH THE OTHER LEG.

REST FOR 15 SECONDS