

Take 5! Office Workout



Squats: sit weight into the heels, keep chest lifted, knees behind toes, 20 reps



Push-ups: place hands wider than shoulders, bend arms as you lower chest to the desk, 20 reps



Burpees: begin by standing, squat down placing hands on floor, kick your feet back, hop your feet back in then stand up, 15 reps



Tricep dips: bend your arms and lower hips towards the floor, keep your elbows pointed back & hips close to chair, 15 reps

5A



5B



Step-ups: step up and down with right foot then step up and down with left foot, alternating feet with every repetition, 20 reps



Bridge: place heels on edge of chair, legs bent 90 degrees, squeezing your glutes lift hips up then slowly lower to start position, 20 reps



Plank: begin on your forearms and toes, elbows under shoulders, chin off the chest, brace abdominals, keep your body parallel to the floor, hold 45-60 seconds



Bicycles: rotate torso bringing the opposite elbow to the opposite knee extending other leg then switch sides, continue to alternate arms and legs, 20 reps