

15 EXERCISES YOU CAN DO AT YOUR DESK

We all say that we are too busy but with these great moves you can do at your desk you have no excuses. Try out some of these desk and office exercises and start feeling better today.

1. USE YOUR CHAIR



Sit on your chair with your legs crossed, sit up straight, hold on your knees and then lift yourself up using the arms. Hold for 10 - 20 seconds and repeat 3 times.

2. TRICEP DIP



Sit on the edge of your desk with your feet together and place your arms on the desk. Lean forward and then bend your arms and lower your body. This is great exercise for your arms.

3. WRISTS



If you spend a lot of time typing at your desk, you may be at risk from carpal tunnel syndrome. To lower the risk, simply wrap each hand around the edge of your desk, place your palms on the desk with your fingers facing towards you and lower your body until your lower arm is parallel to the desk. Hold for 15 seconds.

4. LOWER BODY STRETCH



Sit on your chair, feet flat on the floor. Extend one leg out in front of you, hold for 2 seconds. Move it as high as you can and hold for 2 seconds. Repeat 10 times on each leg.

5. SPINAL STRETCH



Sit tall on your chair, keep your feet together. Slowly lean your upper body back, push your left hand on the desk, hold the back of your chair with your right hand and lean to the right. Hold for 10 seconds. Repeat on the right. Repeat on the left. Repeat on the right. Repeat on the left.

6. SHOULDER STRETCH



Sit tall on your chair, reach your left hand behind your back. Bend your shoulder blades with your palm facing out. Reach your right hand towards the ceiling. When it is above your head, reach your left hand down and reach your right hand up. Repeat on the right. Repeat on the left.

7. HAMSTRING STRETCH



This stretch has multiple benefits. It stretches the hamstrings, lower back, and calf muscles. Push your feet away from your desk, and pull your leg right. Then your foot and knee. Repeat on the right. Repeat on the left. Repeat on the right. Repeat on the left.

8. SIDE STRETCH



Sit up straight on your chair and lean your left arm towards the ceiling. Grab your left wrist with your right hand and pull it to the right. Hold for 10 seconds. Repeat on the right. Repeat on the left. Repeat on the right. Repeat on the left.

9. BUNS OF STEEL



For lower back pain, sit on your chair, lean back, hold for 10 seconds and repeat. Repeat on the right. Repeat on the left.

10. HAMSTRING CURL



Stand behind your chair, hold onto the back of your chair. Bend your knees and pull your left foot towards your body. Repeat on the right. Repeat on the left.

11. ARM STRETCH



Sit up straight on your chair, lean back on the floor, and place your hands in your palms. Push your hands together and lean the stretch. Hold for 20 seconds and repeat as often as you need to.

12. SHOULDER BLADES



Sit up straight and pull back your shoulders. Push your hands together and lean the stretch. Repeat on the right. Repeat on the left.

13. NECK MUSCLES



Put your head to your hands, the very most back. Breathe in and out. Repeat on the right. Repeat on the left.

14. CORE STRENGTHENER



If your chair reminds you you can use that to help strengthen your core. Sit on your chair with your feet flat on the floor and hold onto the edge of your chair. Lean back and hold your arms out. Repeat on the right. Repeat on the left.

15. ANKLE ROLL



Keep your ankles loose by rotating them both clockwise and anti-clockwise, 3 times in both directions. This is great for preventing pins and needles.

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Desk Exercises: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have captivated audiences this year. Desk Exercises : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and gripping novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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