

# THE ULTIMATE GUIDE TO DESKERCISE

A sedentary lifestyle is associated with higher risks for obesity, Type 2 diabetes, cancer and heart disease. Here are five exercises that can be performed at your desk to fight the effects of having a sedentary job.

## 1

### SHOULDER SHRUG

✚ Benefits: Improves posture; doesn't require leaving your chair

🕒 Duration: 10 seconds, as often as preferred



**STEP 1:** Imagine you have a pencil between your shoulder blades. Squeeze them toward each other as if trying to hold the pencil.

## 2

### CHAIR SQUAT

✚ Benefits: Tones buttocks, gets you moving

🕒 Duration: 10-15 repetitions



**STEP 1:** Stand about 6 inches in front of your desk chair.

**STEP 2:** With your back to the chair and your arms extended in front of you, squat down until your buttocks meets the edge of the chair.

**STEP 3:** Return to a standing position.

## 3

### SITTING SQUEEZE & HOLD

✚ Benefits: Tones buttocks and abs, doesn't require leaving your chair

🕒 Duration: 10 seconds, as often as preferred



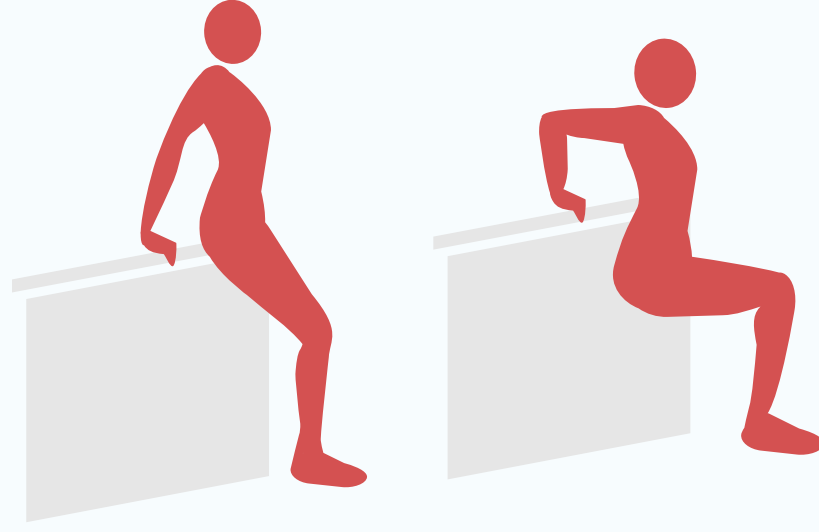
**STEP 1:** While sitting, squeeze your buttocks together and tighten your abs.

## 4

### DESK DIPS

✚ Benefits: Tones your arms, gets you moving

🕒 Duration: 10-15 repetitions



**STEP 1:** Face away from your desk. With your legs at shoulder width, place your arms on the desk behind you, leaning back slightly.

**STEP 2:** Squat until your elbows are at no more than a 90-degree angle. (Work up to this angle as able.)

**STEP 3:** Return to a standing position.

## 5

### SPINE STRETCH

✚ Benefits: Releases back tension, gets you moving

🕒 Duration: 10 seconds



**STEP 1:** Sit tall in your chair, with your feet together, flat on the floor.

**STEP 2:** Stretch your arms toward the ceiling. Place your left hand on your desk. With your right hand, grab the back of your chair. Twist toward the right.

**STEP 3:** Release, and switch sides.



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