

Workout @Work

12 Exercises. 5 Minutes



1

CHIN TUCKS

Sit tall and pull your head up and back to make a double chin, hold for 3 seconds and do this 3 times.

2

NECK ROTATIONS

Turn your head slowly to look over each shoulder, do this each way 3 times.

STRETCH ARMS UP & OUT

3

Stand up — hold your arms out in front, palms in a stop! position away from you and stretch forward, then lift your arms up above your head, do this 5 times. Then stretch your arms out to the sides (squeeze shoulder blades together) 5 times.

4

BEND BACKWARDS

Whilst standing, put your hands behind you on your waist and bend backwards 3 times.

5

ROLLING SHOULDERS

Roll shoulders backwards in a circle, then forwards in a circle 5 times each.

6

SIDE BENDS

Whilst standing, put one arm above your head and bend sideways to the opposite side, do this each side 5 times.

7

MARCHING

March in the spot, (high knees) for one minute.

8

LUNGING

Lunging on alternate legs for 30 seconds.

9

SQUATS

Squat from standing 5 times.

10

HEEL FLICKS

Side step and kick bottom for 30 seconds.

11

WRIST & FINGER STRETCHES

Wrist and finger stretches - arms out to the sides and rotate hands round in a circle 5 each way. Arms out in front and pull your hand both up and down with the other hand.

12

DESK STRETCH, THE UPWARD DOG

“Desk upward dog pose” Rest hands flat on the edge of the desk and step back. With arms straight bend forwards at the hips and drop your top half down. Feel the stretch in your arms and upper back. Then lower hips toward the desk and tilt chin upwards to stretch backwards. 3 times.

