

OFFICE WORKOUT

THESE ARE EXERCISES THAT CAN BE DONE AT YOUR DESK OR WORK SPACE.

WHEN YOU DO THE EXERCISES TRY TO DO THE WHOLE 10 MINUTES WITHOUT STOPPING, BUT IF YOU NEED TO, REST FOR 30 SECONDS AFTER THE FIRST 5 MINUTES, THEN FINISH.

REPEAT THESE EXERCISES EVERY HOUR.

- **1 MIN - SQUATS**
- **1 MIN - WALL PUSH UP'S**
- **1 MIN – STANDING BICYCLE CRUNCHES**
- **1 MIN – LUNGES**
- **1 MIN – JUMPING JACKS**
- **REPEAT**

TOTAL: 10 MINUTES EVERY HOUR.

Before starting this workout or any workout you should seek medical clearance

*** If at any time you feel faint, light headed, dizzy, nausea or sick, STOP ***