

Office Based Exercises

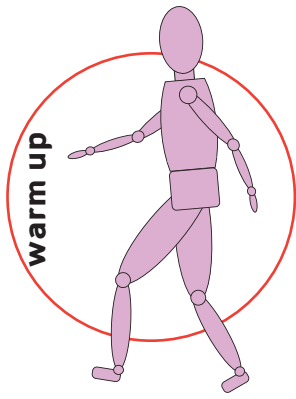
No Sweat

These lunchtime exercises have been produced to give participants a general workout without having to change clothes or the use of shower facilities.

The exercises below are suitable for all fitness levels, even those of you who may suffer from any of the following:

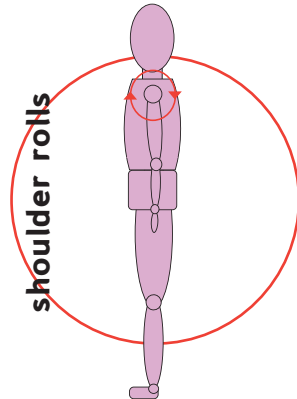
- Hypertension • Diabetes • Arthritis • Asthma
- Heart Attack • Heart Bypass • Stroke

This whole workout will only take approximately 15 – 20 minutes, but the benefits will last for longer.



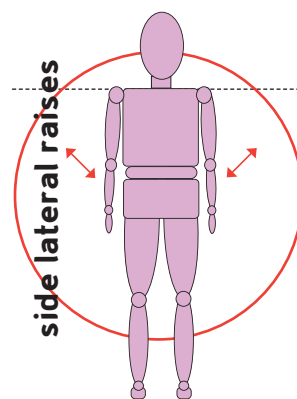
warm up

Walk around the office, building or exercise room for 2 minutes.



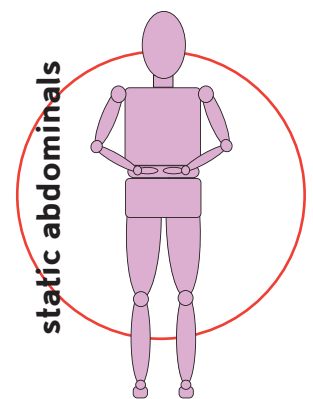
shoulder rolls

Stand tall, lift shoulders and roll back x 8 and forward x 8.



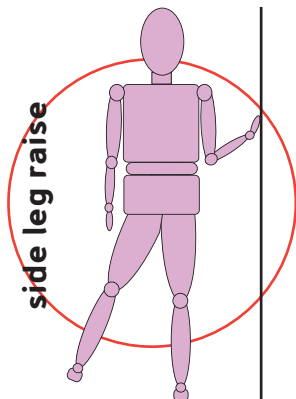
side lateral raises

Stand tall, hands at side of body. Lift arms out to side and up to shoulder height, then lower again. Repeat x 12.



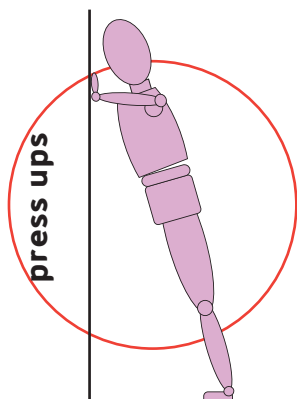
static abdominals

Stand tall, feet hip width apart, place hand on abdominals. Using your stomach muscles, pull in the abdominals towards the spine for a count of 2 and release for a count of 2. Repeat x 12.



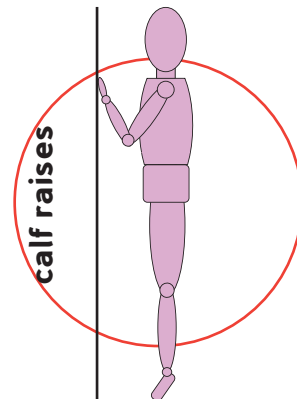
side leg raise

Stand next to wall or chair sideways for balance. Lift outside leg away from body as much as comfortable and lower down again. Repeat on other leg. Repeat x 12.



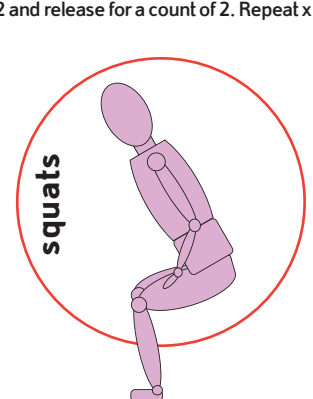
press ups

Face a wall, stand arms length away, feet flat on floor, toes forward, put hands onto wall shoulder width apart. Bend at elbow and lower chest to wall and push away. Repeat x 12.



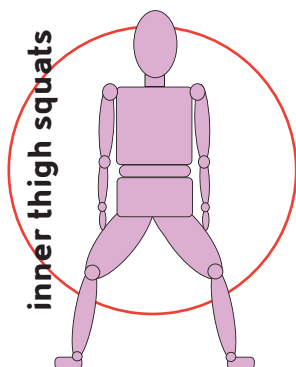
calf raises

Stand feet apart, toes forward, lift up onto ball of foot, hold for 2 seconds and lower again (hold onto chair or wall for balance if needed). Repeat x 12.



squats

Stand feet hip width apart, toes forward, bend at knees until bottom drops down as much as comfortable (no more than 90°), stand up again. Repeat x 12.



inner thigh squats

Stand tall, feet wide with toes facing out. Keep head and chest up, bend the knees and lower bottom down as far as feels comfortable and stand up again. Repeat x 12.

Once you have completed the above exercises a number of times and you feel things are getting a little easy, you can always increase exercises 3 – 9 from 12 repetitions up to 15 and then to 20 repetitions.

REMEMBER: The more you get familiar with the exercises the quicker you will get through the workout, so even though you may want to increase your repetitions, you will not have to increase the amount of time it takes you.