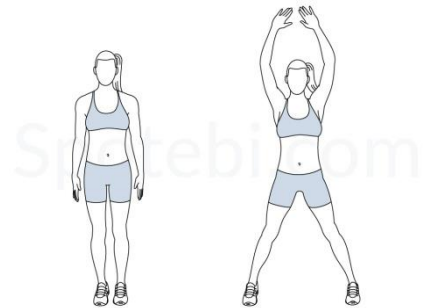


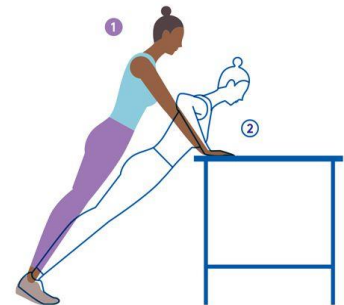
JUMPING JACKS

1. Begin standing with legs together and arms by your side
2. Jump both feet out and at the same time lift both arms above your head.
3. Jump back into starting position and repeat.
4. For low impact version step it out and do step jacks



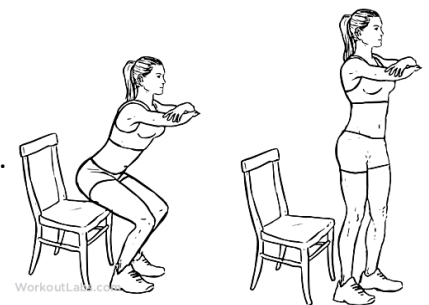
DESK (PUSH) UPS

1. Take a big step away from your desk
2. Place both hands on your desk and bring hips in line with your body (body should look like a straight plank).
3. Bend elbows and lower yourself towards the desk
4. Push yourself back up and repeat.



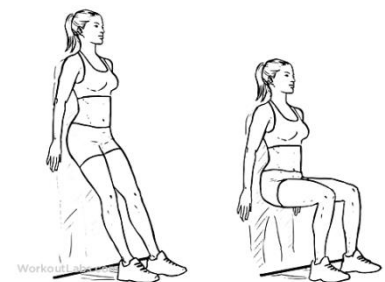
CHAIR SQUATS

1. Stand so you can feel the chair with the backs of your legs
2. Stick your bum out as if you were going to sit down in your chair.
3. Lower yourself until you can feel the chair on your bum
4. Drive back up into standing position and repeat.



WALL SQUATS

1. Lean your back against a wall and take a big step out
2. Lower yourself down so your knees are at a 90° angle ensuring knees do not come over toes.
3. Hold as long as you can.



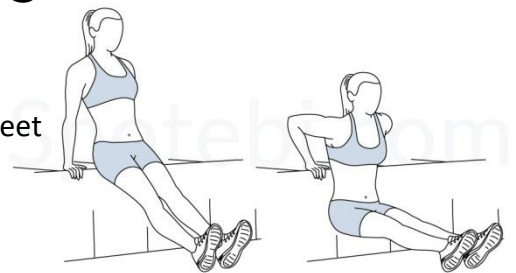
STATIONARY CURL

1. Grab an item of heavy stationary in each hand
2. Hold down next to body and so palms are facing outwards
3. Keep elbows close to body
4. Bend elbows and lift item up to shoulder
5. Slowly lower back down and repeat



DESK (TRICEP) DIPS

1. Stand facing away from your desk
2. Place both hands on desk and take a step out with your feet
3. Bending at your elbows, slowly lower your body down (bend knees if needed)
4. Push back up and repeat.



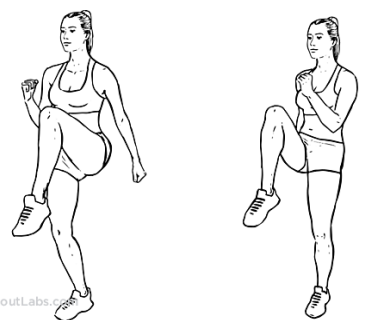
TEXT BOOK SQUAT AND PRESS

1. Grab a heavy textbook in both hands
2. With feet hip width apart squat down by sticking bum out and keeping head high
3. Drive back up
4. Now push text book up over head
5. Lower back down and repeat squat and press



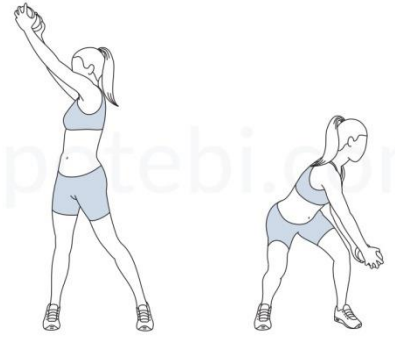
DESK HIGH KNEES

1. Stand side on to your desk
2. Begin high knees
3. Ensure knees are coming up higher than height of desk.



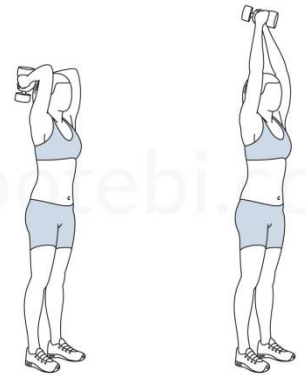
DESK CHOP

1. Stand shoulder width apart with an item of stationary in hands
2. Keep hips and feet facing forwards
3. Squat down and touch floor on one side of your body
4. Reach up and bring item high to the opposite side of your body
5. Repeat on both sides



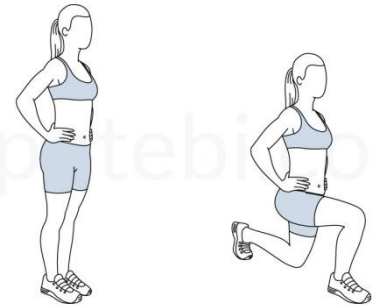
TEXT BOOK EXTENSIONS

1. Grab a heavy text book
2. Stand with feet shoulder width apart
3. Lift book above head
4. Bend elbows and lower book back behind head
5. Lift up and repeat



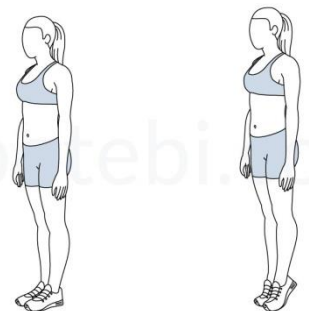
LUNGES

1. Stand with feet together
2. Take a step forward with one foot and bend until 90°
3. Push back to starting position and repeat on other side



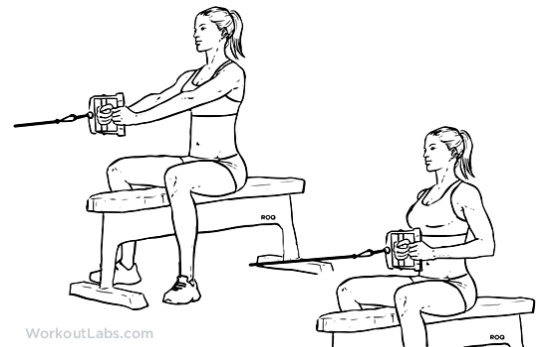
DESK (CALF) RAISES

1. Stand with feet shoulder width apart and facing desk and hold on if needed
2. Go up on to your toes and slowly lower yourself back down
3. Repeat



DESK ROW

1. Grab an item of stationary in each hand
2. Hold them straight out in front of you
3. Bend elbows and bring close into body, squeezing shoulder blades together
4. Extend back out and repeat



STATIONARY PUNCH

1. Grab an item of stationary in each hand
2. Place one foot slightly in front of the other with weight in both feet
3. Punch your stationary straight out in front of you and return back to starting position
4. Alternate hands and leading foot

