

WORKOUT AT WORK EXERCISE CIRCUIT

Warm Up

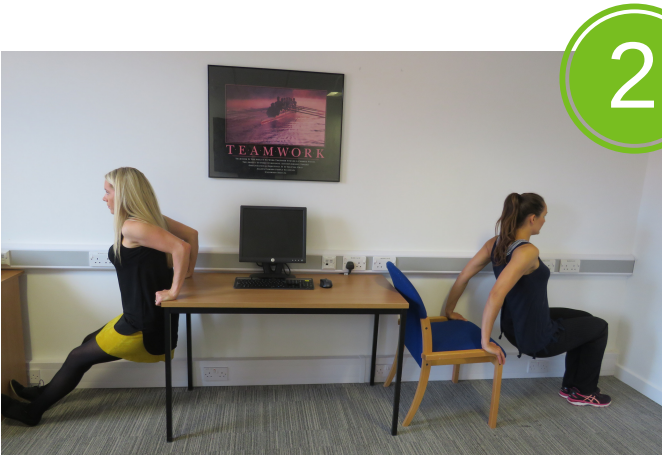
10-20 repetitions for each exercise



Slide plank
Leaning against the wall or desk with your arm at 90°, extend your body in a diagonal and hold this position. Keep your stomach and buttock tucked in and your side lifted. Repeat on both sides.



Tricep dips
With your palms facing forward either on a desk or chair, arms shoulder width apart, slowly bend your elbows and lower yourself slowly towards the floor.



Press ups
Standing with your hands against the wall or desk, should width apart, slowly lower your chest down.



Lunges
Stand with one foot in front of the other, with feet hip width apart (holding onto a desk if required), keeping the heel lifted on the back foot, slowly lower your back knee towards the floor, bending your front leg to approximately 90°. Return to starting position. Repeat on each side.



Circuit
Aim to complete one to three circuits
Up to one minute for each

Stretches

Hold each stretch for 30 seconds on each side

