

Try These Quick Desk Stretches & Exercises!

To help get yourself up and moving throughout the workday, try these three stretches and three exercises without having to leave your desk!



Stretch #1: Chair Figure 4

Target: Hips and legs

- Bend one leg and take a seated figure 4 position
- In the figure 4, keep your knee parallel to ground
- Keep back straight
- Tip from the hips to lean in toward your leg
- Hold this stretch for 20 seconds and then repeat on the other side



Stretch #2: Chair Chest Stretch

Target: Chest

- Place hands on the back of your chair
- Feet just outside of the hips
- Knees slightly bent
- Tip from the hips to lean forward with a straight back
- Hold this stretch for 20 seconds

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Stretch #3: Goal Post Forward Fold

Target: Hamstrings

- Feet hip width apart
- Hands in goal post position
- Tip forward from the hips, keeping your back straight
- Fold forward as far as you comfortably can
- Straighten legs as you feel comfortable
- Hold Stretch for 20 seconds

Alternative hamstrings stretch: Forward Fold

- Feet hip width apart
- Hands on hips or reaching toward the ground
- Tip forward from the hips, keeping your back straight
- Fold forward as far as you comfortably can
- Straighten legs as you feel comfortable
- Hold stretch for 20 seconds

Exercise #1: Desk Push-Up



Target: Chest

- Feet hip width apart
- Hands on edge of desk
- Hands placed right outside of the shoulders
- Back in a straight line
- Elbows bend to a 90 degree angle bringing your chest to elbow height
- Press bodyweight back up away from the desk
- Repeat this exercise 10 times

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Exercise #2: Calf Raise



Target: Calves

- Feet hip width apart
- Hands on chair for balance
- Raise yourself up onto the balls of your feet
- With control, lower yourself back to a flat-footed standing position
- Repeat this exercise 10 times

Exercise #3: Chair Squat



Target: Glutes and Quads

- Feet slightly outside the hips
- Chest stays lifted throughout the exercise
- With control, lower yourself to a sitting position
- Engage your glutes and quadricep muscles to raise yourself back to a standing position
- Repeat this exercise 10 times

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