

Office Exercises

Stretches for Your Wrists and Arms

- **Wrist Stretch:** Extend one arm in front with your palm up, and grab your fingers with your other hand. Gently pull hand down to stretch the forearm. Repeat the other side for 10 seconds.



- **Wrist & Forearm:** Press your hands together in front of your chest with your elbows bent and parallel to the floor. Gently bend wrists to the right and left for 10 seconds.



- **Back Twist:** Sit upright in a chair and place your left arm behind your left hip. Twist to the left and hold. Repeat on the other side for 10 seconds.



Leg Extension, Hip Flexion and Inner Thigh

- **Leg Extension:** Sit in a chair with your abs in. Extend your left leg until level with hip. Hold for 3 seconds, then repeat on the other side.



- **Hip Flexion:** Sitting in a chair, lift your left foot off the floor a few inches with your knee bent. Hold 3 seconds and repeat on the other side.



- **Inner Thigh:** Place a full water bottle between your knees, keeping your abs in, and squeeze the bottle gently. Repeat.



Chair Squat and Tricep Dips

- **Chair Squat:** Periodically while sitting, lift butt off the seat of your chair, and hover over your chair for 3 seconds. Stand up and repeat.



- **Dips:** Make sure your chair is stable and place your hands next to your hips. Move your hips in front of the chair, and bend your elbows, lowering your body until your elbows are at 90 degrees. Repeat 5 times.



Standing Leg Exercises

- **Standing Hip Flexion:** Stand with your abs in and your spine straight. Lift one leg up until level with your hip. Hold for 3 seconds, then repeat on the other side.



- **Leg Lift:** In same starting position as above, lift your left leg straight out to the side a few inches off the floor. Hold for 3 seconds, then repeat on the other side. Repeat 10 times.



Front Raise, Overhead Press and Bicep Curl

- **Front Raise:** Sit in chair with your abs in and spine straight. Hold a full water bottle in your right hand and raise your arm up to shoulder level. Hold 4 seconds and repeat on the other side.



- **Overhead Press:** Hold a full water bottle in your right hand with your elbow bent, and extend your arm overhead. Hold for 4 seconds. Repeat on the other side.



- **Bicep Curl:** Hold a full water bottle in your right hand, and with abs in and spine straight, curl the bottle towards your shoulder. Hold for 4 seconds. Repeat on the other side 10 times.



Abs

- **Abs:** Sit on the edge of a stable chair with your arms extended in front of you. Keeping your back straight, contract the abs and slowly lower your torso towards back of chair. Hold 3 seconds and repeat.



- **Curls:** Cross your arms over your chest and sit up straight. Contract abs and curl shoulder towards hips, pulling your abs in. Hold for 3 seconds and repeat.



University of Arkansas, United States Department of Agriculture, County Governments Cooperating

The Arkansas Cooperative Extension Service offers its Programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Equal Opportunity Employer.