



Low on time? 10 in 10 desk exercises

While we don't recommend you replace your typical routines, you can use these stretching and strength training exercises to keep your body moving when you're low on time. See your doctor before starting this workout if you have injuries, illnesses or other conditions.

- 1 Wrist and forearm:**
Press hands together in front of your chest, elbows bent and parallel to the floor. Gently bend your wrists to the right and left 10 times.



- 2 Low back stretch:**
Sit tall and place your left arm behind your left hip. Gently twist to the left using your right hand to deepen the stretch. Hold for 20 to 30 seconds. Repeat on the other side.



- 3 Flexion:**
Sit tall with your abdominal muscles held as if you're pulling your belly button toward your spine. Lift your left foot off the floor a few inches, with your knee bent. Lower your left knee and repeat 16 times. Repeat the exercise using your right knee.



- 4 Leg extension:**
Sit tall with your abs held in (as described above in "Flexion"). Extend your left leg until it's level with your hip, squeezing the quadriceps. Hold for two seconds. Lower your left leg and repeat 16 times. Repeat the exercise using your right leg.



- 5 Inner thigh:**
Place a towel, a firm water bottle or an empty coffee cup between your knees as you sit up tall with your abs held in. Squeeze the bottle or cup, slowly releasing it halfway and squeeze again 16 times.



What you'll need

- Stable office chair (If your chair has wheels, lock them. Or push the chair against a wall, so it won't roll.)
- Firm water bottle
- A towel or empty coffee cup
- 10 minutes

- 6 Chair squat:**
While sitting, lift up until your hips are just hovering over the chair and position your arms out for balance. Hold for two to three seconds and then stand up. Repeat 16 times.



- 7 Front raise to tricep press:**
Sit tall with your abs held in. Hold a full water bottle in your left hand. Lift the bottle up to shoulder level, pause and continue lifting the bottle up over your head. When your arm is next to your ear, bend your elbow and take the water bottle behind you. Straighten your arm over your head and lower it down. Repeat 12 times with each arm.



- 8 Bicep curl:**
Hold a water bottle in your right hand and, with your abs held in and spine straight, curl the bottle toward your shoulder 16 times. Repeat using your left hand.



- 9 Side bends:**
Hold a water bottle with both of your hands and stretch it up over your head with your arms straight. Gently bend toward the left as far as you can. Come back to the center and bend to the right. Repeat, bending to the right then to the left 10 times.



- 10 Ab twists:**
Hold a water bottle at chest level and, keeping your knees and hips forward, gently twist to the left as far as you comfortably can. Twist back to the center and move to your left for a total of 10 times.

