Break up your day with these exercises that require no equipment and can be done easily at your desk.

**MINI SQUATS**
With feet shoulder width apart, reach forward for balance and do a mini squat. Keep knees in line with and behind toes.

**WALL PUSH UP**
With feet and hands shoulder width apart, lean into wall, then push away from wall.

**WRIST FLEXORS**
With fingers interlaced and palms out, straighten arms in front of you until the stretch is felt.

**STANDING SHOULDER MOTION**
With hands shoulder width apart on top of table/desk, raise, then lower shoulders.

**SHOULDER FLEXION/EXTENSION**
With hands shoulder width apart on chair or desk, rock forward over hands and then back, stretching shoulders to tolerance. Do not move feet.

**SITTING PRESS UP**
Sitting on chair with palms flat on seat, lean forward a bit. Push up so bottom comes off the chair seat.
**SHOULDER SHRUG**

Keeping arms straight, lift shoulders as high as possible, rotating shoulders up and backward

**STANDING TOE RAISE**

Standing, place feet hip width apart. Rise up on toes, holding arms out or onto a chair/desk for balance. Return to starting position.

**SEATED KNEE RAISE**

Sitting up straight in a chair, lift knee towards chest. Return to starting position. Repeat with other leg.

**SINGLE LEG BALANCE**

Stand on one leg. Place foot of other leg on inside of thigh. Rotate knee to side. Hands in prayer position, reach arms over head. Repeat on other leg.

BEGINNER: Place foot on calf, hands at chest or on hips.

*Be sure to never place the foot directly on the knee joint.

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**STRENGTH TRAINING SAFELY**

- **Frequency:** 2-3 days/week with 48 hours of rest between strength training sessions
- **Intensity:** perform each exercise until momentary muscle fatigue is reached
- **Repetitions:** momentary muscle fatigue should be reached within 10-15 repetitions
- **Sets:** depending on your goals, 1-3 sets
- **Exercise muscles through their fullest comfortable range of motion, do NOT lock joints**
- **Do NOT hold your breath while performing an exercise**