

Walk-Away Office Workout

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Are you **too busy or too tired** after work to make it to the gym?

Are you looking for workout ideas to keep you **energized during the workday**?

If you are...this is a great workout for you!!

Warm up: You can warm up by walking in place for a couple minutes, walking once or twice around the office or down a hallway, or by taking the stairs up or down one level and back up to your office.

Work out: Perform 1-3 sets of 10-15 repetitions for each exercise listed. Take a small break between each set if you are performing all sets of one exercise back-to-back. If you have a limited amount of time try performing the exercises in a circuit fashion (1 set of each exercise in order, and then repeating). The circuit will minimize rest time between each exercise, and it will help you to complete the workout quickly. You can use water bottles, paper packages, or boxed supplies as weights. You can perform many of these exercises while you are sitting at your desk in your office or standing up.

Other Tips:

- *Sit on an exercise ball instead of your office chair. This is great, even if it is only over lunch, or for a short period of time. It will make your body work harder to stabilize your muscles, and it will prevent you from slouching.
- *Set a reminder on your computer, or an alarm on your watch, to go off every hour or two. When the reminder comes up, stand up and stretch or go for a short walk around the office or down the hall. This will keep you from becoming tired, and it will also help to increase your heart rate and get those muscles moving.
- *Don't use the elevators! Take the stairs as often as you can.
- *If you work on the first floor try parking further away from the building in the morning.
- *Try to drink water throughout the day. Coffee and soft drinks contain a lot of caffeine which serve as good pick-me-up, but can often make you feel tired or cause you to "crash" during the afternoon hours.

OVERHEAD PRESS: Start by holding two objects that are very similar in weight (one in each hand) with your upper arms parallel and your forearms perpendicular to the floor. Your hands should be in a vertical line with your elbows at the level of your chin, and your wrists should not be bent. Slowly lift the objects toward your head to the point where your arms are almost straight. Do not lock your elbows. Bring your arms back slowly to starting position and repeat. This exercise strengthens the shoulders, upper back muscles, and the triceps.



BICEP CURLS: Holding the same objects as in the overhead press, rest the arms by your side with your elbows facing behind you and your palms facing forward. Anchor your elbows by your sides. Slowly lift the objects up so that the wrist and forearm comes into a horizontal line with the elbows and parallel to the floor. Slowly return your arms back to starting position and repeat. Bicep curls strengthen the bicep muscles on the upper arm.



TRICEP DIPS: You will need a stable chair or desk for this exercise. Position your hands so they are close to your side with your palms grasping the edge of your chair or desk. Your arms should be straight and slightly behind the rest of your body. Move your feet forward far enough so that there is a 90 degree angle at your knees and at your hips when you bend your arms. This exercise strengthens the triceps and the chest.



AB CRUNCHES: Start by sitting with your back up straight. Cross your arms across your chest with one hand on the opposite shoulder. Your feet should be together and flat on the floor with your knees bent at a 90 degree angle. Slowly move your upper body towards your knees and squeeze your stomach causing you to “crunch” your abs. Then slowly return your upper body to the starting position and repeat. The ab crunches will strengthen your core abdominal muscles.



CHAIR SQUAT: Begin in a seated position with feet flat on floor, knees bent, and back up straight. Extend your arms out so they are in horizontal line with your shoulders and parallel to the floor. Slowly lift up a few inches so that your legs and glutes are no longer touching the chair, but your knees are still bent. Hold this position for a few seconds, stand up, and then repeat in reverse order. The squat exercise targets and strengthens the muscles of your hips, glutes, and thighs. This is a great combination exercise to work all three areas at once.



CALF RAISES: You can do this exercise while you are standing in your office, waiting in line for the restroom, and just about anywhere else. Stand up straight with your feet flat. Slowly lift off your heels so that you are standing only on the balls of your feet. Slowly return to the starting position and repeat. You may need to place your hand on a wall or desk to help keep your balance. You can also perform this exercise while you are sitting in your chair with your feet flat. You can add resistance by setting a large book or a small stack of printing paper on your thighs close to your knees. Calf raises strengthen the calf muscles on the back of your lower leg slightly below the crease behind your knee.

TOE RAISES: This exercise is easiest to perform while sitting. Begin by sitting up straight with your knees bent in a 90 degree angle. Make sure that your knees are in line vertically with your ankles. Then slowly lift your toes, or the balls of your feet, while keeping your heels planted firmly on the floor. Slowly return to starting position and repeat. Toe raises help strengthen the muscle in the front of your lower leg.

****You can find more information on these exercises and tips to staying active at work at www.about.com**