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Basic Desk Exercises To Keep You FIT

1.) Calf muscle toning

Give your calf muscles a work out by raising your legs up on the very tips of your toes while remaining seated. Your calf muscles should start to burn after a few seconds. Hold for ten seconds and then repeat eight times.

2.) Clenches

For *buns of steel*, clench your buttocks and hold for ten seconds. Do five sets of eight reps. The beauty of this exercise is that you aren't getting up and no one knows !

3.) Ankle Rotation

Turn your ankles in both directions for five seconds. Do five sets of eight reps in each direction. This exercise can strengthen the flexibility of your ankles and make you less likely to suffer from sprains.

4.) Arm stretches

Stretch the muscles in your right arm by reaching as far to the left as you can with your right arm while supporting it in the crook of your left elbow and then hold it there. Feel the stretch for five seconds. Do eight reps before switching over to your left arm.

5.) Rotating at the waist

Strengthen your core by rotating at the waist while remaining seated. Rotate as far to the left as you can and hold for five seconds, then repeat on the right. Complete five sets. Grab the backrest of your chair with your hands for extra support.

6.) Crunches

Move to the edge of your seat and lift one knee up a few inches off the ground. Try to bring your opposite elbow to that knee. Feel the burn in your abdominal muscles and hold for ten seconds. Eight reps of ten seconds each can strengthen your core considerably when done regularly.