

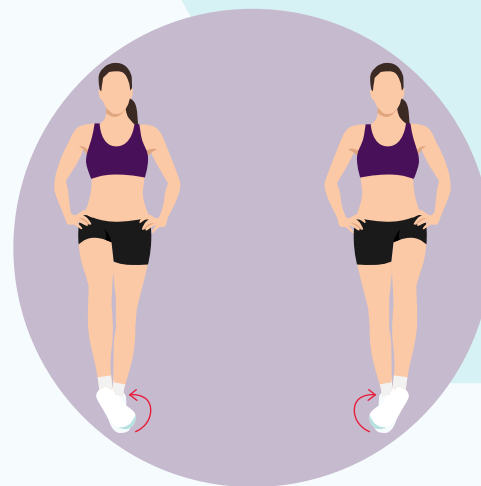
## Exercise at your desk

# ABDOMINAL MUSCLES



- 1 Stand with your legs spread apart.
- 2 Keep your hands behind your head.
- 3 Tap the opposite knee with your elbows.
- 4 Repeat 10 times.

- 1 Choose a free wall.
- 2 Stand with your back against the wall and sink through your knees.
- 3 Your knees and hips are at a 90-degree angle.
- 4 Keep this up for as long as you can.
- 5 For these exercises, use your thigh muscles, abs and back muscles.

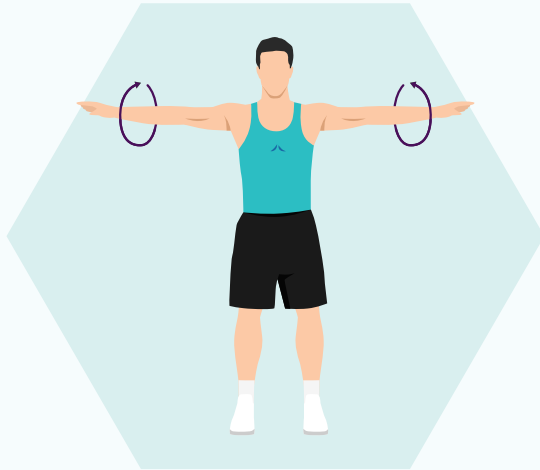


- 1 Stand upright.
- 2 Tighten your abdominal muscles.
- 3 Stand on one leg.
- 4 Turn in circles with the foot that is not on the ground.
- 5 Try to find a good balance.
- 6 After 10 circles, alternate with the other foot.

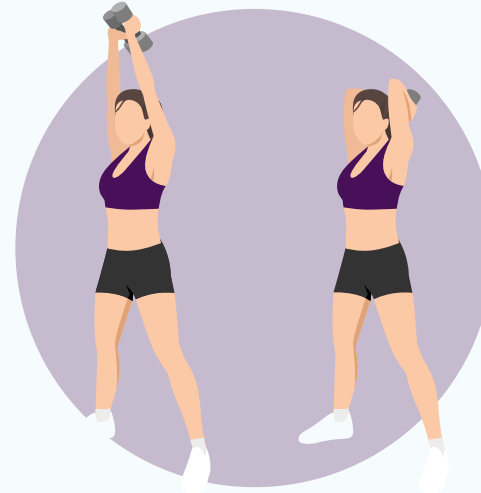


## Exercise at your desk

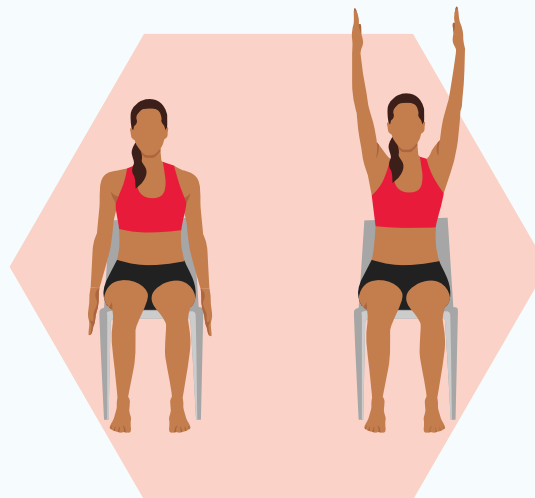
# ARMS



- 1 Keep your arms stretched out towards you at a 90-degree angle under your armpits.
- 2 Spin around with your full arm.
- 3 Repeat in the other direction.



- 1 Make a fist with your hands and keep your arms stretched (together) above your head.
- 2 Bring your hands up behind your head, bending from your elbows.
- 3 Bring your hands back up to above your head.
- 4 Repeat 10x.



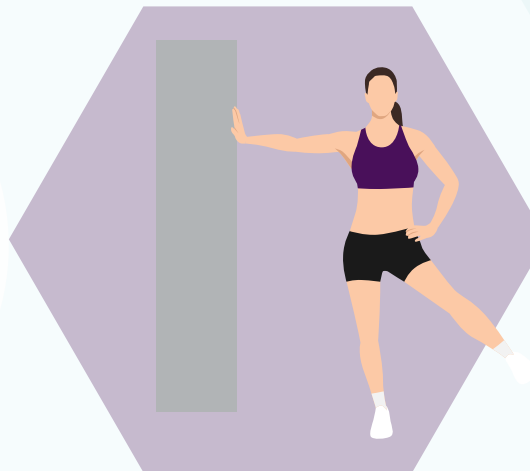
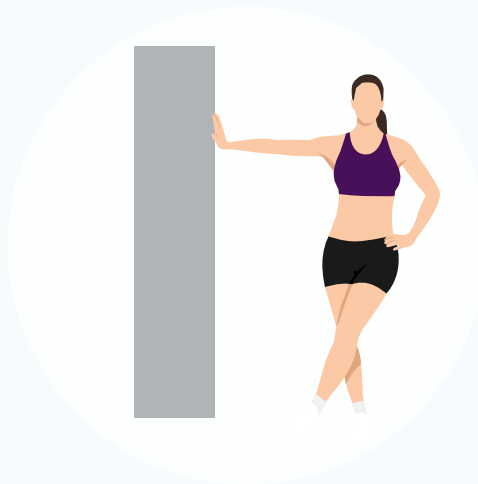
- 1 From a sitting position, bring your arms extended upwards.
- 2 Bring back down.
- 3 Repeat 10x.

## Exercise at your desk

# CORE AND LOWER-EXTREMITY

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- 1 Stand straight in front of your chair, with your legs apart.
- 2 Sit down on your chair as you would squat, with your back straight.
- 3 Stand up again.
- 4 Repeat this 10x.

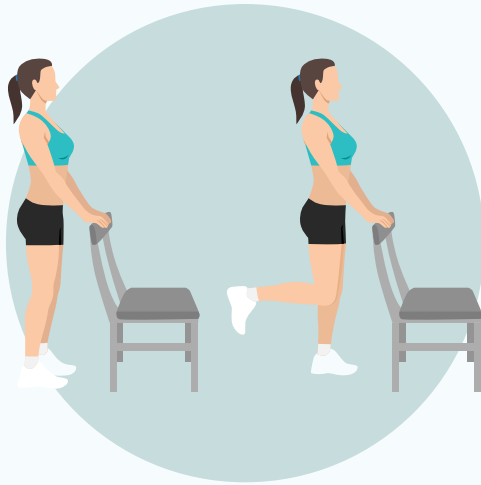


- 1 Stand straight with your feet slightly apart.
- 2 Bring your right foot in front of your left leg.
- 3 Try to tighten your abdominal muscles and glutes and keep a good balance.
- 4 Repeat this 10 times and then switch feet.

## Exercise at your desk

# CORE AND LOWER-EXTREMITY

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- 1 Stand behind your chair and grab the backrest.
- 2 Bring your foot back, bend from your knee.
- 3 Bring your foot back to the ground.
- 4 Repeat 10x and then alternate with your other leg.

- 1 Stand straight and place one foot backwards.
- 2 Keep your back straight and bend through both knees.
- 3 Repeat 10 times.



- ✓ Take the stairs!
- ✓ Try walking as a variation (to the printer, during phone calls, to the coffee machine, ...).
- ✓ Do your exercise 3x/week, with colleagues, as an active break.
- ✓ Start out easy and increase resistance when you can do 20 repetitions in a row.