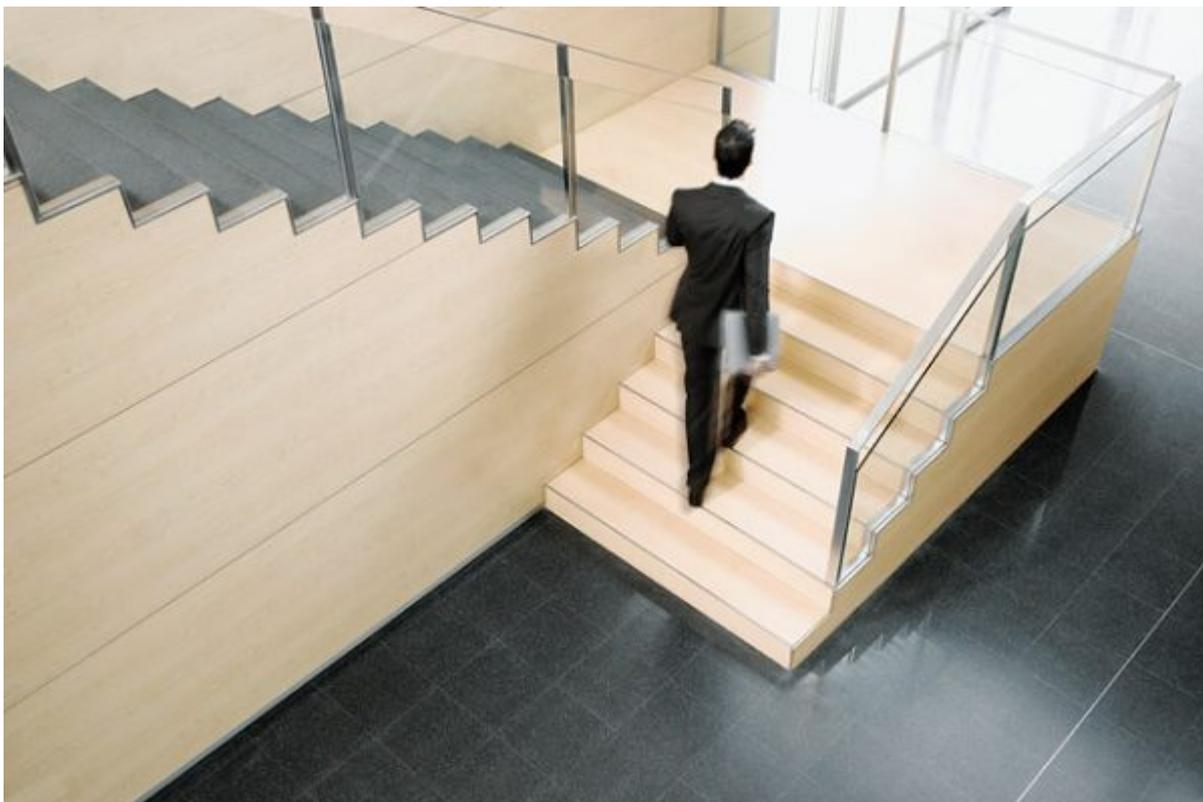


You've probably met with the problem of having no time to workout. Between work and rest, it seems like it's impossible to get anything squeezed in!

Yes, you can resort some *drastic* measures like investing in a standing desk or squeezing out lunchtime workouts with a gym membership in the CBD, but we've got 8 simple exercises that you can do at your desk without breaking the bank!

CARDIO



1. 5 Stairs For Effort

Sometimes, when you're put with strangers into the pressure cooker that is the elevator, you might feel compelled to make some awkward small talk. Don't like it? Don't fret. If it's possible, you may wanna try taking the stairs up to your office instead!

2. Walking the talk

Who stays you have to stay in your seat the whole workday? Take a stroll down the hall to catch up with coworkers or welcome a new employee. Or, instead of dialing extensions and sending lazy emails to the manager two doors down, put in some face time.

LEGS



3. The Pay Raise Leg Raise

This is a discreet exercise you can do at your desk! Sit up straight and straighten both legs parallel to the floor, holding in place for five or more seconds. Then, lower the leg(s) back to the ground without letting the feet touch the floor. Repeat for 15 reps. (P.S.: if you want more of a challenge, loop a purse or briefcase strap over the ankle for added weight!)

4. The Cubicle Wall Sit

Don't underestimate the humble wall sit! They may be quite passive, but are amazing for building strength and endurance. Start off with your back against the wall, and slide your

back down until your hips and knees bend at a 90 degree angle. Keep the shoulders, upper back and the back of the head against the wall, and remember that both feet should be flat on the ground! Hold for 30-60 seconds (while getting up to date on your email)! For some extra burn, try crossing the right ankle over the left knee, hold for 15 seconds, then switch and repeat.

ARMS



5. The Office Oratorio

Sitting up straight and with both feet flat on the floor, clasp your hands together as if you're gonna sing in the church choir (with one hand's thumb pointing to the floor and the other pointing to the ceiling). Pull as hard as you can while trying not to move your arms! Hold for 10 seconds or more, release, and repeat.

6. The Triceps Dip while the Stocks Rise

Triceps dips can be done almost anywhere that has a flat surface. Using a sturdy desk or a non-rolling chair, sit at the very edge and place hands on either side of the desk/chair. With the feet planted on the floor a step or two away, straighten up the arms to lift up the body. Next, bend the arms to reach a 90-degree angle so that your body dips down, hold, and re-straighten while keeping the body raised above the chair. Complete 8-10 reps.

CORE



7. ABSolutely Correct

Another discreet exercise to do at your desk, you can literally do this at anytime, anywhere. Simply take a deep breath and as you exhale, tighten the abdominal muscles and bringing them in towards the spine. Stay squeezed for 10 seconds and release. Repeat for 15 reps.

8. Statistical (super)modelling

Good posture is probably more important and harder to maintain than you'd have thought. Relieve your back of unneeded pressure by adjusting the chair height to make sure the feet, hips, and arms are at 90-degree angles to the floor. Remember to keep this posture up throughout the day, don't slouch!

There you have it! 8 fantastic exercises to do at your desk. No more excuses, you can begin seeing your healthiest self by starting on these small steps!