

STAND UP. DO THESE.

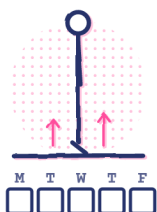
Moves for the space next to your desk. Tape this to your monitor.



CHAIR SQUAT

10 REPS

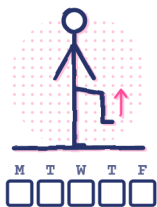
Sit back, tap the chair, stand tall.



STANDING CALF RAISE

15 REPS

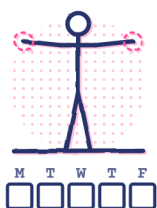
Rise onto your toes, then lower slowly.



STANDING MARCH

20 REPS

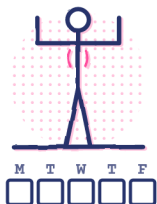
Knees up high, arms swinging, one side then the other.



ARM CIRCLES

10 REPS

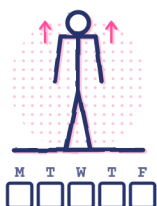
Arms out, small circles, a little bigger each time.



CHEST OPENER

20 S

Arms up like a goalpost, squeeze your shoulder blades, hold 20 seconds.



SHOULDER SHRUGS

12 REPS

Shoulders up to your ears, then let them drop.



NECK SIDE STRETCH

15 S PER SIDE

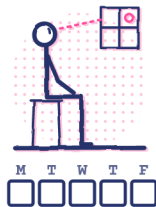
Ear to shoulder, 15 seconds each side.



WRIST & FOREARM STRETCH

15 S PER SIDE

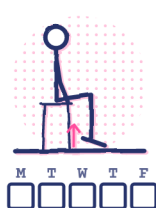
Arm out, fingers up, ease them back with the other hand. 15 seconds a side.



20-20-20 EYE BREAK

20 S

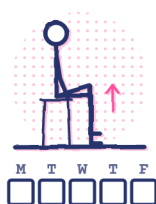
Look at something far away for 20 seconds. Blinking is allowed.



SEATED CALF RAISE

15 REPS

Heels up, heels down, without leaving your chair.



SEATED MARCH

20 REPS

Sit tall and lift one knee, then the other.