Work Station Exercises

Wrist & Forearm:
Press hands together in front of chest, elbows bent & parallel to the floor, gently bend wrists to the right and left for 10 reps.

Lower Back Stretch:
Sit tall and place the left arm behind the left hip. Gently twist to the left, using the right hand to deepen the stretch, holding for 20-30 seconds. Repeat on the other side.

Front Raise to Triceps Press:
Sit tall with the abs in and hold a full water bottle in the left hand. Lift the bottle up to shoulder level, pause, then continue lifting all the way up over the head. When the arm is next to the ear, bend the elbow, taking the water bottle behind you and contracting the triceps. Straighten the arm and lower down. Repeat for 12 reps on each arm.

Bicep Curl:
Hold water bottle in right hand and, with abs in & spine straight, curl bottle toward shoulder for 16 reps. Repeat on other side.

Side Bends:
Hold a water bottle with both hands and stretch it up over the head, arms straight. Gently bend towards the left as far as you can comfortably go, contracting the abs. Come back to the center and repeat to the right. Complete 10 reps (bending to the right and left is one rep).