



**BREATHE STRONG+**

A YEAR-ROUND PARTNERSHIP WITH AFFLOVEST®

# EXERCISE AT YOUR DESK!



## Exercises with chair or desk

- Tricep Dips
- Chair Squats
- Desk Donkey Kicks
- Desk Push Up
- Chair or Desk Side Planks
- Pistol Squats
- Calf Raises
- Desk Planks

## Exercises while standing

- Split Squat
- Wall Sits
- Chair Calf Raises
- Lateral Lunges/Split Squats
- Single-Leg Squats
- Desk Mountain Climber
- Single-leg Hip Hinge
- Jumping Jacks

## Exercises while sitting

- Oblique Twist
- Knee-To-Chest
- Windshield Wipers
- Seated Bicycles
- Glute Squeezes
- Flutter Kicks
- Leg Lifts
- Leg Extension

## DESK STRETCHES

### ARMS

Triceps Dips (L/R)

### UPPER BODY

Lat Stretch (L/R)  
Double Hand OH Reach  
Chest Opener  
Forward Reach  
Torso Rotation (L/R)

### LEGS

Knee-To-Chest (L/R)  
Hamstring Stretch (L/R)  
Figure 4 (L/R)

### HEAD & SHOULDERS

Neck Rotation  
Upper Trap Stretch (L/R)