

Judy Chong, PharmD. MS. CSCS  
(510) 589 – 1337  
[www.fitness-spark.biz](http://www.fitness-spark.biz)  
[judy@fitness-spark.biz](mailto:judy@fitness-spark.biz)

## **Exercise Break Activities**

### **A Few Suggestions To Get You Moving At Work**

Dance to your favorite song. Get your coworkers to join you.

Curtsey lunges with or without biceps curl – step back as if to lunge, but cross your foot & leg behind the other leg. You may also do a biceps curl with or without a light weight.



Squats or Lunges behind a chair – hold onto the chair & pretend to sit in an imaginary chair behind you. Repeat 10 to 15 times. Keep core strong, back straight & keep knees behind the front of the toes. You may also pretend to squat into the chair, and use your desk for balance, if needed.



Three way karate kicks – pretend you are Bruce Lee kicking down a door. Flex the foot, lift the knee & kick with the heel. Kick to the front, side and back. Repeat 10-15 times in each direction and on each leg. Make it a balance exercise, by letting go.



Desk or wall push ups – on the wall, start with arms at shoulder height. Keeping core strong & back straight, bend at the elbows, lowering body towards the wall. Keep the body in a straight line.

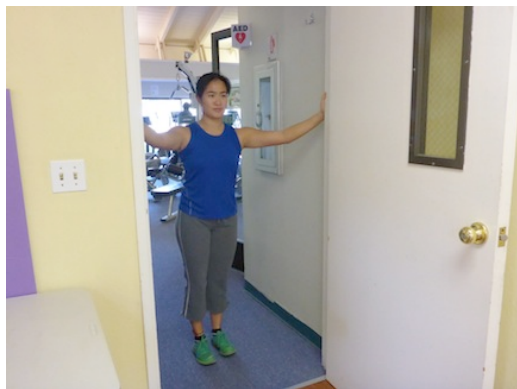


If using your desk or a sturdy chair (make sure its stable), be sure to keep your wrists lined up under your shoulders. Do 5-15 repetitions. Rest & repeat, if desired.

Chair triceps dips – hold onto the sides of your chair, keep arms straight. Slide to the front of the seat so that your body is supported only by your arms. Bend at the elbow, lowering your body. Return to start & repeat 10-15 times. New to this exercise? Just hold your body in the first position for 15-30 seconds.



Doorway chest stretch with hamstring stretch - Stand in a doorway with arms stretched out at chest/shoulder height. Step into the doorway, creating a nice stretch on the chest muscles, and if you sink into a lunge – a hamstring stretch on the rear leg. Hold 20-30s.



Do any of your favorite seated or standing stretches