

# Equipment Free Office Exercises

## TRICEP DIPS

- position yourself at the edge of your stationary chair.
- place your hands on the chair, next to your hips.
- swing your hips off the edge of the chair and bend your elbows.
- slowly raise yourself back to the starting position being careful not to lock your elbows.
- repeat this motion 10 times, rest, and repeat set.

## CRUNCHES

- position yourself on your back with your knees bent.
- push your heels to the floor to help keep your back flat.
- place your hands behind your head, keeping your elbows back.
- crunch up so your shoulders just rise off the floor exhaling on the way up and inhaling on the way down.
- start with 2 sets of 10 taking breaks when needed -add repetitions as tolerated

## PELVIC TILT

- position yourself on your back with your knees bent.
- keeping your feet flat on the floor, tilt your buttocks off the floor.
- start with 2 sets of 10 taking breaks when needed -add repetitions as tolerated

## SIDE LEG RAISES

- stand behind a stationary chair with your hands on the back.
- position your feet approximately 10 inches apart.
- raise one leg out to the side keeping your upper body straight.
- do 10 on one side, and 10 on the other – repeat.

## BUN CRUNCHES

- tighten and release your butt muscles.
- this can be done any place while sitting.
- repeat as tolerated.

## WALL PUSH UPS

- position hands on the wall, shoulder width apart.
- gently lower yourself toward the wall, push yourself back up slowly.
- do 10, take a break, repeat.

COMPLIMENTS OF:

