

# Desk Yoga

Don't let your desk job leave you in a slump! Take some time to stretch and move more in the comfort of your office space. Following these 8 simple stretches can help to improve posture, strengthen core muscles and leave you feeling refreshed. Challenge yourself and hold each one for either 15, 30, or 45 seconds.



## Quad Stretch

Standing up, pull foot into your bum



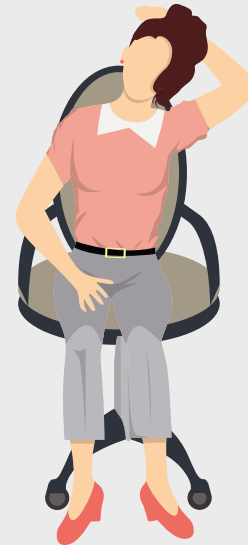
## Shoulder Rolls

Slowly roll your shoulders forwards and backwards



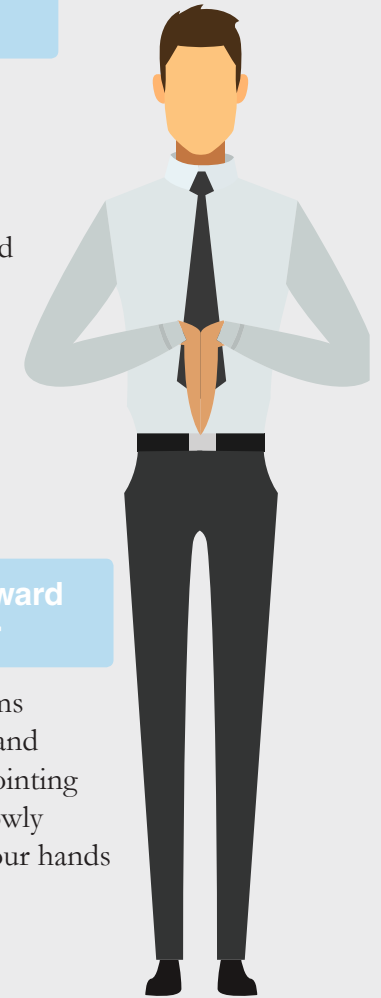
## Seated Twist & Holds

With one leg crossed over another, take your opposite arm to knee, and rotate head and shoulder over



## Neck Holds

With your head leaning to one side, gently pull down towards your shoulder



## Downward Prayer

With palms together and fingers pointing down, slowly pulling your hands up



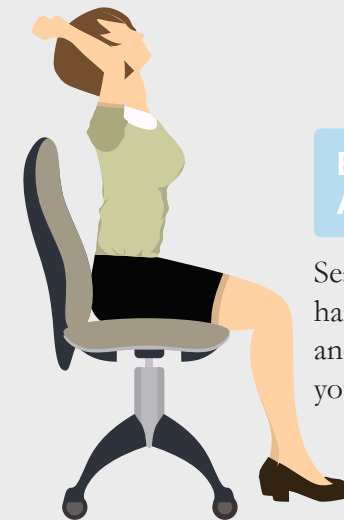
## Hamstring Stretch

Place your foot on a chair with a straight leg and slowly lean forward



## Glute Stretch

Place your ankle placed on the opposite knee, gently lean forward and push down on the crossed leg



## Back Arches

Seated, place your hand behind head and slowly arch your back

# Deskercise

Working for hour after hour at your desk can take its toll on your body's physical and mental wellbeing. Utilise your office space and equipment to stay active throughout the day. Following these 8 simple exercises can help to keep your muscles and mind active in the workplace.  
Beginner –10 reps, Intermediate –12-20 reps, Expert – 20+ reps.

## Seat Squat

Standing in front of a chair, squat down until you lightly touch the chair



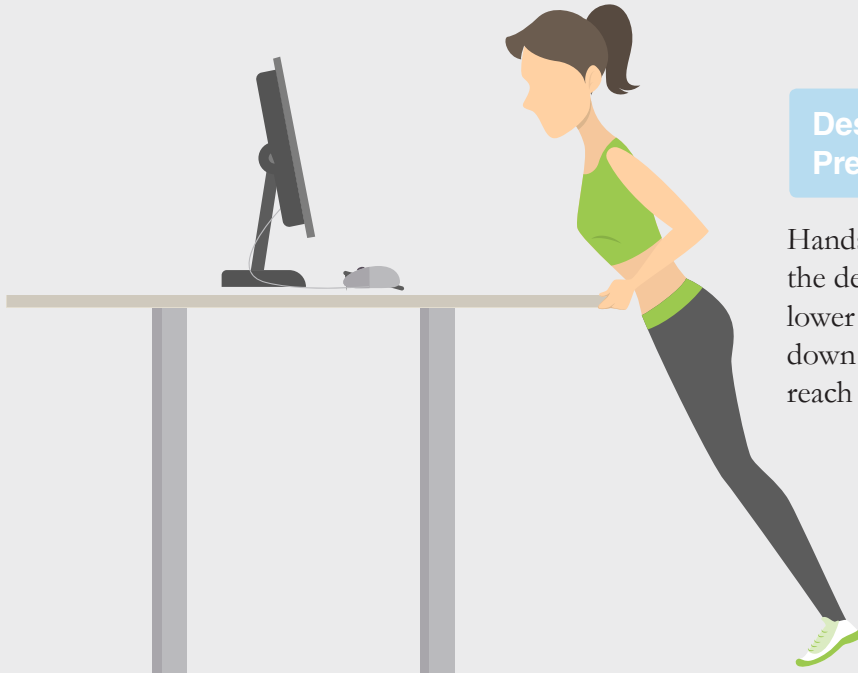
## Desk Dips

Facing away from your desk, with hands placed behind, slowly lower yourself down



## Desk Press-Up

Hands placed on the desk or wall, lower yourself down until you reach the desk



## Knee Pulls

Holding onto the chair, lift both knees into the chest then extend out



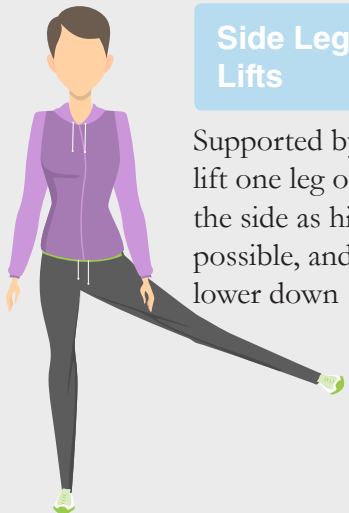
## Front Punches

Staying upright, alternate punching forward



## Side Leg Lifts

Supported by a chair, lift one leg out to the side as high as possible, and slowly lower down



## Side Bends

With your hands behind your head, slowly lean one side down towards the floor



## Leg Extension

Seated upright, alternate extending one leg out in front

