



## Simple Desk exercises

Try and take regular active breaks from sitting at your desk, and help yourself stay well by following the exercises below.

- 1. Lift your shoulders towards your ears then roll them forwards, down and backwards. Then reverse the movement to roll shoulders backwards, up and forwards.**
- 2. Make circles with your hands so that your wrists roll forward and then reverse the movement.**
- 3. Place your palms and fingers together and then gently press your fingers against each other by moving your palms away from each other so that you feel a gentle stretch.**
- 4. Start with your arm by your side, palm facing forwards, bend your elbow and curl the arm up towards the chest, Repeat for each arm. Progress to holding something heavy in your hand.**
- 5. Place your palms together in front of the chest with elbows held away from your body and push both hands together powerfully until you feel the arm muscles contract. Hold the prayer hands pushed together for 20 seconds. Release and repeat.**
- 6. In the same position as above, clasp hands together as if giving yourself a handshake. Then pull against yourself Resist the motion of both arms. Hold for 10 seconds or more, release, and repeat.**
- 7. Shadow boxing or air punching. Throw out a few jabs, hooks, and uppercuts in rapid succession. Continue for a minute or longer.**
- 8. Arms by your sides and palms facing behind, pulse the arms backward for 5 seconds. Release and repeat. Make sure to keep the arms long and straight.**

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- 9. Clasp your hands together, resting them on the right shoulder straighten your elbows and moving the hands toward the left thigh. Then bring the clasped hands to the left shoulder followed by lowering to right thigh. Repeat on each side.**
- 10. Pull your shoulders back until your shoulder blades feel pinched together. Hold for 5-10 seconds, release, and repeat.**
- 11. Raise both your shoulders up toward the ears, hold for 5 seconds, then relax. Repeat. Progress to holding something heavy in each hand with straight arms.**
- 12. Put your head in your hands and press your palms into your forehead as if trying to push the head backward. Resist the motion by engaging the neck muscles. Next, clasp the hands behind the back of the head and try to push the head backward, resisting the motion with your hands. Hold for 5 seconds. Slowly release, rest, and repeat.**
- 13. Take a deep breath and tighten the abdominal muscles, bringing them in towards the spine as you exhale. Stay squeezed for 5-10 seconds and release. Repeat.**
- 14. Squeeze your buttocks together, hold for 5-10 seconds, and release. Repeat.**
- 15. While seated, straighten one or both legs and hold in place for five or more seconds. Then lower the leg(s) back to the ground without letting the feet touch the floor. Repeat (alternating legs if raising them separately) for 15 reps. Progress by looping a bag or briefcase strap over the ankle for added weight.**
- 16. Tap your toes on the floor under your desk. Or use your foot rest to tap your feet on and off, alternating feet, in soccer-drill fashion. Progress so that you lift your knees at the same time.**

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