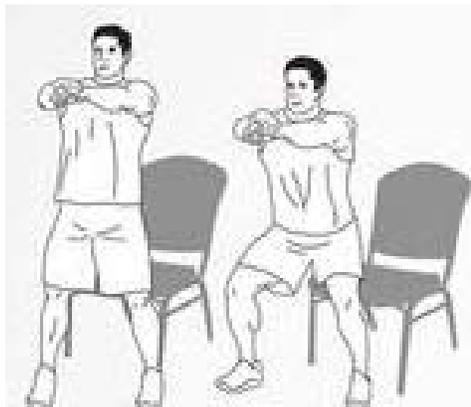


Office exercises II

The exercises will help increase the mobility of your body and help prevent and/or relieve muscular pains. Remember that none of the exercises should be painful, but you will probably feel some stretching. You don't have to go through all the exercises every time, but choose a few. It only have to take 5-10 minutes.

If you have any questions about the exercises you are welcome to contact me on anders.vendelboe@agro.au.dk.



I: Chair squats

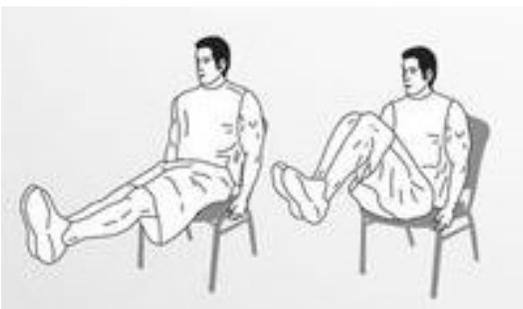
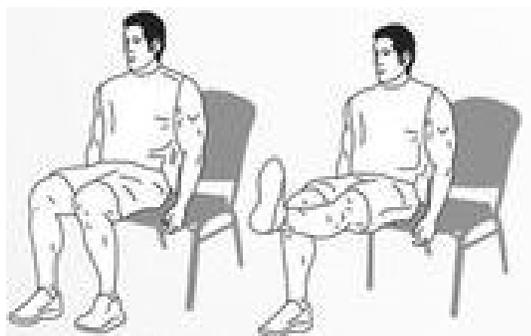
Stand in front of your chair with shoulder width between your feet. Sit down towards your chair keeping a vertical line through your toes, knee, and shoulders. Do not let you knee extent beyond your toes. Just before you touch down on the chair, stand back up again. You can use your arm to keep your balance. Keep your back straight. If you want, you can lift something heavy in front of you as you go down.

Repeat 8-12 times

II: Leg extensions

Sit on the edge of your chair, resting both feet comfortably on the floor. Keep your knees in a 90 degree angle. Now, extent your leg and lift it as high as you can comfortably can. Keep your back straight.

Repeat 8-12 times for each leg



III: Knee pull-ins

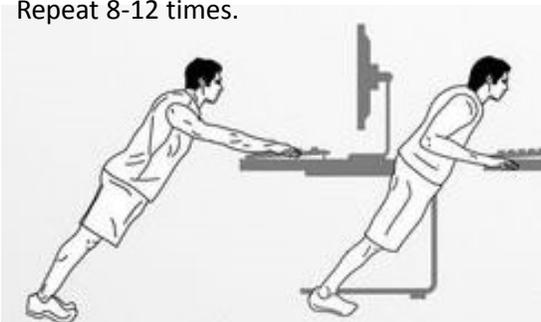
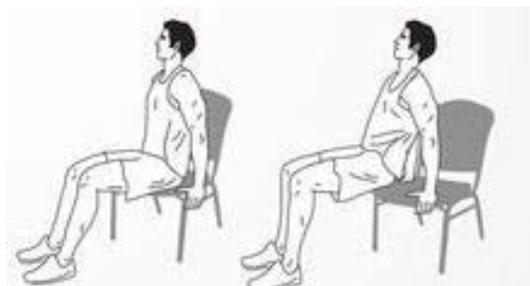
Sit on the edge of your chair, and lift both feet and extent your legs. Now, bend in your knees and pull them up towards your chest. Keep your back straight.

Repeat 8-12 times.

IV: Body lifts

Place your hands on the edge of your chair and place your feet a suitable distance in front of your chair. Now, lift yourself off the chair and move forward so you can dip your butt towards the floor. Dip as low as you can before going back up again. Be careful that your chair doesn't run away. You can also do scissor kicks from this position.

Repeat 8-12 times.



V: Desk push-up

Elevate your table. Place your hand on the edge and move your feet back a suitable distance from the table. Now, do push-ups. You can also do them against the wall.

Repeat 8-12 times.

NOTICE!

These exercises are meant as an inspiration. Not all the exercises may be suitable for all. Always evaluate you own physical form before exercising. The exercises, the descriptions, and the program on the poster are not compiled by a certified fitness trainer. Your use of the exercises on the poster is your own responsibility. The author, AGRO, or AU are not responsible for any injuries or complications resulting from your use of the exercises.