



Why?

Physical activity is important both during and after work. This month you will incorporate exercises to help strengthen muscles *and* relieve tension at work by combining a series of resistance exercises with gentle stretches.

How do I complete this challenge?

Use the template provided in this packet to create a “spelling workout,” where each letter of a word stands for a different exercise movement. You are assigned a new word to spell each week. Everyone on your unit should complete the workout each week, using the exercise guide and equipment provided. Note that some of the movements are resistance exercises and some are stretches.

You are also encouraged to come up with your own words each week. Use the space provided below to write in your new words. Get your coworkers involved to make the workouts more fun, and challenge your unit to come up with more difficult words (or sentences!) each week.

Additional resources and information can be found on the Shift into High Gear website at gatorcare.org/shift.

Read on to get started!

Word of the Week Workout

Instructions: Each week, complete the workout based on each letter in the word using the alphabet list on the back of this sheet. Design your own workout by forming your own word(s) each week. Use the boxes to check-off when you completed the workout.

Example: If your word was **MOVE**, your workout would look like this: **M**- 20 triceps extensions, **O**- 20 oblique twists, **V**- 20 deadlifts, **E**- 1 min arm circles

Week 1 Word of the Week: **WELLNESS**

Word(s) of Your Choice: _____

Mon	Tues	Wed	Thurs	Fri	Sat	Sun

Week 2 Word of the Week: **ENERGIZE**

Word(s) of Your Choice: _____

Mon	Tues	Wed	Thurs	Fri	Sat	Sun

Week 3 Word of the Week: **RELAXATION**

Word(s) of Your Choice: _____

Mon	Tues	Wed	Thurs	Fri	Sat	Sun

Week 4 Word of the Week: **UF HEALTH SHANDS**

Word(s) of Your Choice: _____

Mon	Tues	Wed	Thurs	Fri	Sat	Sun

S-P-E-L-L Your Workout Alphabet List

NOTE: * indicates that the exercise should be performed with a resistance band.

Visit <http://gatorcare.org/Wellness/Library/> for Deskercise videos & PDFs.

A: 10 abs squeezers

B: 20 side squats (10 per leg)

C: 1 min jumping jacks

D: 20 standing side leg raises

E: 1 min arm circles

F: 30 calf raises

G: 10 glute squeezes

H: 30 standing hamstring curls

I: 30 bicep curls*

J: 20 shoulder shrugs

K: 10 wall/desk push ups

L: 15 split squat lunges

M: 40 triceps extensions*

N: 1 min wall sit

O: 40 oblique twists*

P: 1 min high knees

Q: 30 sec twinkle toes

R: 25 squats

S: 15 tricep dips

T: 20 static desk lunges

U: 30 sec chair swivel

V: 30 deadlifts*

W: 20 wooden legs

X: 1 min jog in place

Y: 40 side bends*

Z: 20 lateral raises*

Exercise Guide

Abs squeezers

Simply take a deep breath and squeeze your abdominal muscles as you exhale, bringing your belly button towards your spine. Repeat 10 times.

Side squats

Step your right foot out to the right about 2 to 3 feet. Bend your right knee and lower your butt toward the floor into a squat position, while keeping your left leg straight. Do the same for the other leg for 10 squats on each leg.

Jumping jacks

Start by standing with your feet together. In one motion, jump your feet out to the side and raise your arms above your head. Immediately reverse the motion by jumping back to the starting position. Do as many as you can in 1 minute.

Standing side leg raises

Stand next to a chair, which you may hold onto as a support. Stand on one leg. Keeping your leg straight, raise it as far out to the side as possible, and swing it back down, allowing it to cross the opposite leg. Repeat this swinging motion 10-20 times, increasing the range of motion as you do so.

Arm circles

Stand up and extend your arms straight out by your sides. Slowly start to make circles of about 1 foot in diameter with each outstretched arm. Continue the circular motion of the outstretched arms for about 1 minute.

Calf raises

Push up onto your tippy toes, pause at the top, then lower back down. Repeat for 3 sets of 10 reps. It may help to hold on to something for stability.

Glute squeezes

Try isometric glute squeezes by simply squeezing the buttocks, holding for 5-10 seconds, and releasing. Do this for 10 complete reps.

Standing hamstring curls

Stand on one leg, holding onto something if you need to hold your balance. On the free leg, bend your knee to form a 90 degree angle. Kick back to your glute and lower to the 90 degree angle. Repeat 10-20 times on each leg.

Bicep curls *

While sitting, place the middle of the band under your feet with knees bent at 90 degrees and back straight. Grasp ends of band so thumbs face up. Start with arms straight and hands next to knees. Keeping elbows close to sides, bring hands up to shoulders. Repeat 30 times.

Shoulder shrugs

Stand up with good posture. Raise your shoulders as high as you can get them, as if attempting to touch your ears with your shoulders. Hold for a count of two. Release them back into their relaxed positions. Repeat 20 times.

Wall/desk push ups

Standing two to three feet from a sturdy wall or desk, lean forward until palms are resting on the surface, arms straight. Palms should be slightly wider than shoulder width. Bend your elbows to bring your body towards the wall or desk, hold for two seconds, then push back and repeat 10 times.

Split squat lunges

With feet hip-width apart, step the left leg back two feet. Next lower into a lunge, and then accelerate upwards and switch feet in mid-air before hitting the ground. If this is too high-impact, skip the air hop and simply alternate back lunges. Repeat 15-30 times.

Triceps extensions *

Grasp one end of the band in your left hand. Lift arm up overhead and bend at the elbow. Hand should fall behind head so that the band hangs down behind your back. With the other arm, reach behind your back and grasp the band. Then, keeping left arm still, bend at the elbow to straighten your left arm. Squeeze at the top. Repeat 20 times on each arm.

Wall sit

Stand with your back against the wall, feet 18" – 24" from the wall. Bend your knees about 90 degrees and slide your back down the wall until your thighs are parallel to the floor. Hold for 30 – 60 seconds. Breathe!

Oblique twists *

Sit on one end of band. Bring other end of band up your back and over right shoulder. Grasp end of band in middle of chest with both hands. Keep core tight and twist down toward left leg. The shoulder with band over it should move towards opposite knee. Repeat 20 times on each side.

High knees

Stand up straight and place your feet about hip-width apart. Place your hands palms down facing the floor, hovering just above your belly button. Quickly drive your right knee up to meet your right hand, bring the same leg back to the ground immediately bring the left knee coming up to meet your left hand. Do this for 30 secs- 1 min. Bring one knee up at a time without the bouncing motion to modify this exercise.

Twinkle toes

Speedily tap your feet under your desk or station, rapidly alternating feet. Go as fast as you can for 30 secs!

Squats

Stand with your feet shoulder width apart, with toes pointing slightly outward. Begin by sitting back, hinging at the hips and bending the knees as if you were going to sit down on a chair.. Continue squatting down until your upper leg is parallel to the floor if you are able. Reverse the motion until you return to the starting position. During this movement, be sure that the knees do not extend over the toes and that the chest does not fall forward. Repeat 25 times.

Tricep dips

With a sturdy desk or non-rolling chair, sit at the very edge and place your hands on the chair or desk on either side of your body. Move your feet far enough away so you can slide your buttocks off the front edge slightly. Keeping your elbows tucked in toward the body, bend your arms and lower your body until your elbows reach 90 degrees, then straighten. Repeat 10-15 times.

Static desk lunges

Stand by your desk or station and take a giant step forward. Hold onto your desk for balance if you need to. Drop your back knee parallel to the floor, then bring it back to the starting position. Try 10 on each side.

Chair swivel

Holding on to your desk, lift one or both feet off the floor and use your abdominal muscles to swivel your chair side to side. If you don't have a swivel chair you can sit up tall and hold your core tight, then twist your upper body side to side. Try for 30 seconds.

Deadlifts *

Stand on the center of an exercise band with your feet together. Tip forward at the hips, pressing your buttocks backward slightly as you lean your torso forward, stopping when your torso is approximately parallel to the ground. Grasp the ends of the resistance band in each hand, pulling the band taut in front of your shins. From this position, tighten your hamstrings and butt, using them to "pull" yourself back to standing. As you do this, allow your hands to pull the band taut up the front of your legs, ending in front of your thighs. Reverse the movement and return to start. Perform two sets of 15 repetitions.

Wooden legs

Sit upright in your chair and extend one leg out straight in front of you. Hold for two seconds. Then raise it up higher, hold for two more seconds. Repeat each leg 10 times.

Jog in place

Jog in place for 1 min.

Side bends *

Step on middle of band with right foot. Grasp both ends of band in right hand. Keeping core tight and engaged, lean to left, keeping back straight. Slide left hand down leg. Do not lean backwards or forwards while doing this motion. Repeat 20 times on each side. You will need to engage your core muscles the entire duration of this movement in order for it to work.

Lateral raises *

While standing, place one end of band under right foot and grasp the other end of band in right hand. Let arms hang at sides. Keeping arms straight, raise right arm away from body to shoulder height, parallel to floor. Repeat 10 times on each arm.