

Week 2: Deskercise

Duration: ~8-10 minutes Frequency: 1-2x Daily

Let's move our bodies right from our desks to break unhealthy sitting patterns and disrupt uninterrupted sedentary behavior! Implement these exercises below to promote circulation, reduce stiffness, and enhance productivity!

[Click here to watch the exercise demo](#)



Standing Calf Raises (20 reps)

- Stand behind your chair and hold on for support.
- Raise heels off the floor until you are standing on your toes.
- Slowly lower yourself back to the floor.



Squats (20 reps)

- Stand in front of your chair with your legs shoulder-width apart.
- Squat down like you are sitting in the chair but don't touch it!
- Keep your back straight and your weight on your heels.



Desk/Wall Pushups (15 reps)

- While standing, position yourself a few feet from the wall or desk.
- Place the palms of your hands on the surface about shoulder width apart and lower down towards it.
- Push back before reaching it



Desk Dips (10 reps)

- Put your hands at the edge of your desk and keep your back close to the desk.
- Slowly lower yourself down while bending at the elbows before returning to the starting position.





Arm Circles (30 seconds each direction)

- Sit or stand with elbows bent at 90 degree by your sides, palms facing up.
- Rotate forearms outwards while keeping elbows tucked in
- Switch direction



Shoulder Shrugs (20 reps)

- Stand with feet shoulder-width apart, arms at your sides, and palms facing each other
- Inhale and raise your shoulders up towards your ears as high as possible, holding the contraction briefly
- Slowly lower your shoulders back down, exhaling as you do so





Marches (30 seconds)

- Sit or stand with elbows bent at 90 degree by your sides, palms facing up.
- Rotate forearms outwards while keeping elbows tucked in
- Slowly return start.



Leg Circles (30 seconds)

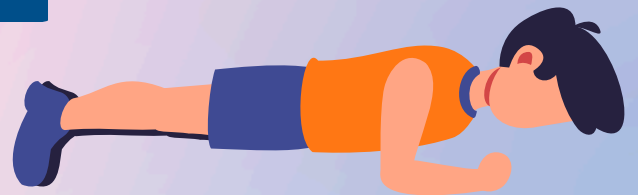
- Reach both arms overhead, then lower them to shoulder height and squeeze shoulder blades together.
- imagine “placing your shoulders in your back pockets.”
- Keep core gently engaged.





For Fun: Plank!

- Sit near the front on the chair, feet hip width apart.
- Reach both hands toward your toes, rounding slightly through the spine.
- Return slowly upright



Optional Cooldown: Deep Core Breathing (1 minute)

- Sit tall, hands on your belly.
- Inhale deeply through your nose, expanding your diaphragm.
- Exhale slowly through your mouth, drawing belly button in
- Repeat 5-6 breaths.

