

Week 1: Strong to the Core

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

Kick off movement with core-strengthening exercises, the foundation of good posture and stability. These simple, desk-friendly moves help you sit taller, reduce fatigue, and stay energized throughout the day.

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



Seated March with Core Engagement (20 reps)


- Sit tall, feet flat on the floor, abs engaged.
- Lift one knee at a time like you're marching, keeping your upper body stable.
- Focus on engaging your lower abs with each lift.



Seated Torso Twists (30 sec per side)

- Sit upright, hands on your shoulder or crossed in front.
- Twist your torso slowly to the right, pause then return center.
- Repeat on the left.
- Keep hips facing forward, twist from your waist.





Seated Core Squeeze and Foot Lift (10 reps)

- Sit at the edge of your chair, back straight.
- Extend one leg straight out and hold for 3 seconds while bracing your core.
- Lower slowly.
- Repeat on the other leg .



Seated Bicycle Crunch (30 Seconds)

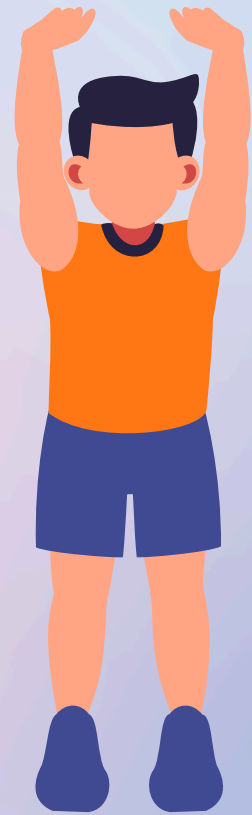
- Sit tall, hands behind your head, elbows wide.
- Lift your right knee and twist your torso to bring your left elbow toward it.
- Alternate sides in a slow, controlled motion.





External Upper Arm Rotation (12 Reps)

- 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.



Overhead Reach + Shoulder Blade Squeeze (10 reps)

- 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.





Seated Toes Touch (10 reps)

- 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.

