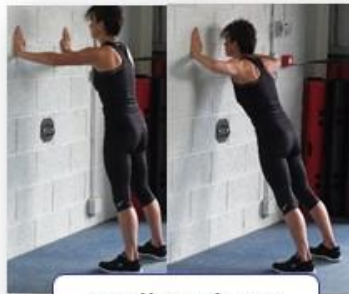


# Try our simple strength circuit at your desk:



Bodyweight resistance circuit designed for people who sit for long periods of time



Wall push up



Triceps dip



Touch chair squat



Shoulder blade squeeze

- Carry out each exercise slow and controlled for 10-12 reps. Rest for 15 seconds between exercises
- Week 1+2: 1 set of the entire circuit 3 days per week
- Week 3+4: 2 sets of the entire circuit 3 or 4 days per week



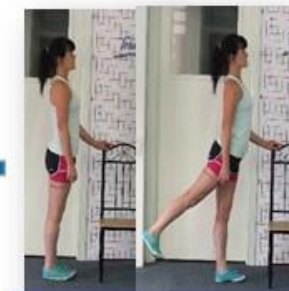
Bent leg lifts (Abs)



Seated side dips



Calf raises



Hip extensions