

Geisinger

Get moving in the office

Office strength

You can perform these exercises anywhere; no equipment required! Doing one or two is a great way to move during the work day. The moves can also be combined to create a strength workout outside of the office! It is important to talk to your doctor before you begin any type of workout program. Feel free to modify these moves as needed; add weights or do fewer repetitions to ensure you are giving your body what it needs in that moment.

How many? How often?

These exercises can be completed any time you need to get up and move. Try to perform 8-20 repetitions of each strength movement. If you want to really challenge yourself, you can complete multiple sets of each exercise as well!

Take time to move every day.

Just a few minutes can make a world of difference!



Sitting for long periods of time at a desk or computer can cause tense muscles and pain. Taking a few minutes throughout the day to complete these exercises can help reduce pain and discomfort.



Walking lunges

Start with your legs together and hands on your hips. Be sure to keep your back straight and chest up during this exercise. Choose one point on the wall to look at to maintain posture and balance while you perform the movement. Step forward with one leg and bend front knee to a 90-degree angle. Make sure your forward knee is directly in line with your ankle. Place your weight on your front leg as you pull the back leg up to bring your legs back together again. Repeat this motion with the opposite leg, so you are lunging forward.

Muscles / areas worked: quadriceps, hamstrings, glutes.



Squat

Stand with your legs spread shoulder-width apart. Tighten your core and maintain the natural curve of your spine. Reach your arms out front and slowly lower your body, bending at the hips, knees, and ankles until your knees are bent to no more than a 90-degree angle. Only go as low as your body allows. Your knees should remain behind your toes and feet flat on the floor throughout the entire motion, with your weight in your heels.

Muscles / areas worked: hamstrings, glutes, quadriceps.



Desk / wall push-ups

Make sure your desk / wall is stable enough to support your weight. Stand facing your desk / wall with your legs spread no wider than your hips. Place your hands on the desk / wall. Engage your core and glutes to stay as straight as possible, without letting your hips sag or bend at the waist. Slowly lower yourself until your chest is about 1 inch from the desk / wall and slowly push yourself back up.

Muscles / areas worked: chest, triceps, front of shoulders.



Tricep dips

Stand facing away from your chair. With your hands at your sides, reach back placing your hands on the chair. Walk your feet out so that your legs are bent at a 90-degree angle and keep your heels on the floor. With your core engaged, bend at the elbows, slowly lowering your body as low as you can without discomfort. Push with your hands and extend your arms back to starting position (do not lock your elbows!).

Muscles / areas worked: triceps, chest, upper back.



Wall sits

With your back against a wall, and your feet about 2 feet away from the wall, slide down until your knees are at a 90-degree angle (only go as low as your body allows). Hold the position as long as you can.

Muscles / areas worked: quadriceps, glutes, core.



Planks

Lay face down on the ground with your elbows under your shoulders and palms on the ground. Tighten your core and glutes, lifting your hips and knees off the ground. Keep your body straight as a board, don't allow your hips to sag or stick up in the air. Hold as long as you can.

Muscles / areas worked: core, lower back, glutes.