

### Scap Retraction

10 reps 5 seconds each

While sitting or standing, pinch your shoulder blades together and hold for 5 seconds, repeating 10 times. Be careful not to shrug up your shoulders. This will help your posture, something that is easily ignored while sitting in front of the computer screen.



### Sit to Stand

10 reps

Sit to stand to your chair 10 times. Try not to use your hands to help with standing, but you can always work up to this if it is difficult, and eventually progress to squatting to the chair (careful with the rolling chairs!)



### Hip Abduction and Extension

10 reps

Stand up and hold on to your chair or desk, keeping the legs straight swing your right leg out to the side 10 times, then do the same with the left. Try maintaining an upright posture and foot pointing straight as you perform. After swinging your legs to the side try this same exercise, but try swinging each leg back behind you.



### Heel Lifts

10 reps each

To help get some more blood pumping in your lower legs, lift your heels up 10 times then your toes 10 times, this can be done while sitting or standing, either way, it will get the job done.



### Planks

4 reps 30 seconds each

If you have a steady and stable work desk you can perform a plank for 30 seconds, place your hands on the desk, keep your body straight, and come up on your toes. Challenge yourself further by alternating shoulder tapping or performing 10 push-ups.



### Piriformis Stretch

4 reps 20 seconds each

If you still have some time to spare, you can end your workout by stretching out those hips with a piriformis stretch. Cross your leg so that your ankle is on the opposite thigh, push the knee down and lean forward. Then do the opposite by pulling the knee up and across towards the opposite shoulder. Hold for about 20 seconds and then switch to the other leg.

