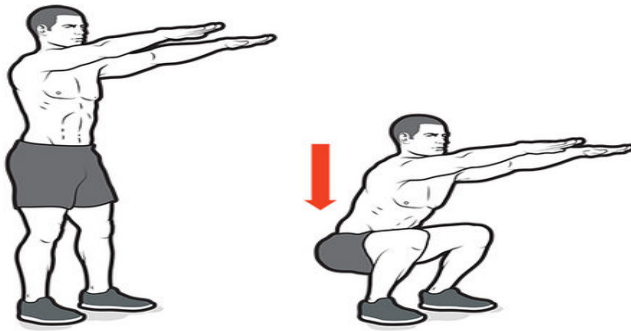


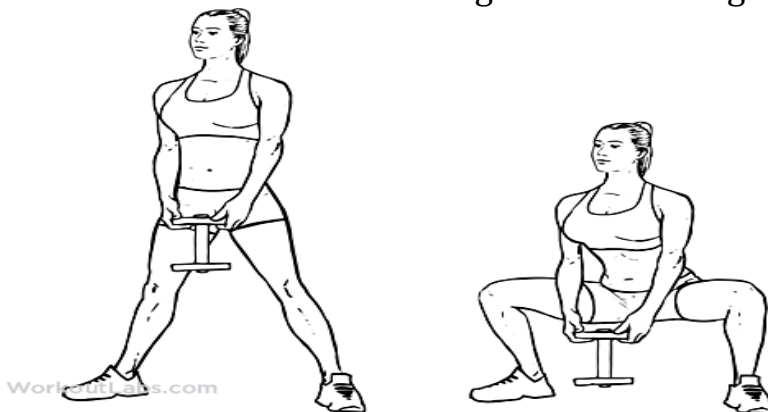


## Minuteman Nashoba Health Group Office Workout

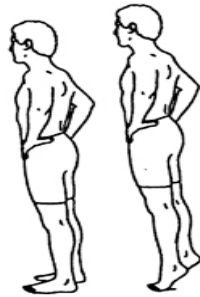
**Squats** - Stand with feet shoulder width apart, feet facing forward. Stand about 6 inches in front of your chair. Bend at the knees, and sit on the very edge of your chair, but do not put your weight on the chair. Watch that your knees stay directly over your toes. Stand up slowly. This exercise is for legs and glutes



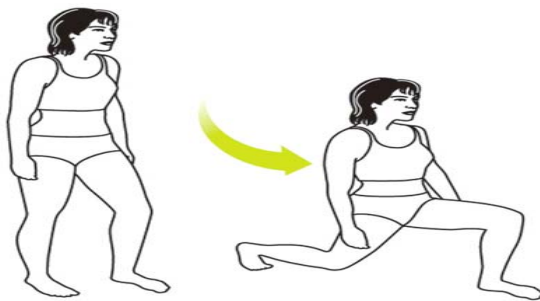
**Plea Squats** - Stand with feet wider than shoulder width apart, and toes pointing out. Follow instructions for squat, but this time you will feel the exercise in the inner thighs as well as legs and glutes



**Toe Raises** - Stand on tip toes and hold for 2 seconds. This works the calf muscles.



**Reverse Lunges** - Stand next to your desk or chair with one hand on desk or chair for stability. Take a large step backwards with one leg and bend both legs, lowering your body. Your front and back legs should each bend at a 90-degree angle. Push yourself back up, focusing most of the power on your front leg. Variation – place back leg on chair and hands on desk for support. Bend front leg to 90-degree angle. Don't let your knee go over your toe.



**Desk Push Ups** - Stand with hands on the edge of your desk. Move your feet away from the desk, far enough so your body is straight (no pike and no sway-back) Lower your body down toward desk and back up. This exercise works the muscles in your chest and arms.

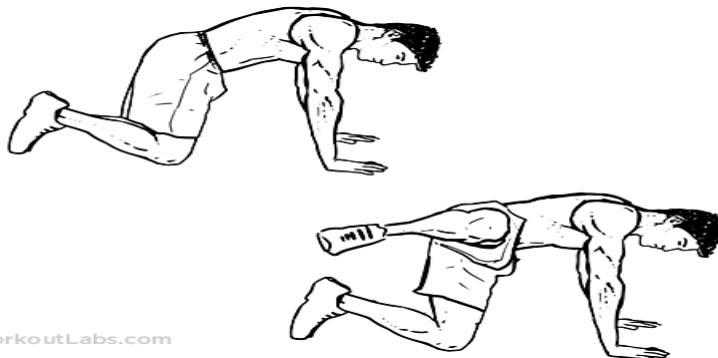


**Water bottle curls** - Hold water bottles in each hand, with palms facing up. Keeping your elbows fixed and by your side, slowly bring your hands up and then lower back down. Do not straighten arms all the way, and repeat until you feel the burn!

This exercise works your biceps, or the front of your arms

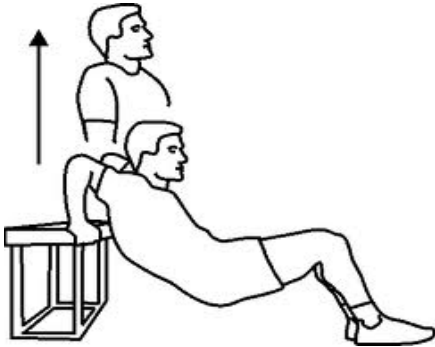
**Donkey Kicks** - Stand in the same position as push ups, with hands on the edge of your desk. Bend knee and bring it out to the side. Kick your leg back, keeping your knee and lower leg parallel to the ground. Bring knee back toward your elbow.

This exercise works your glutes.

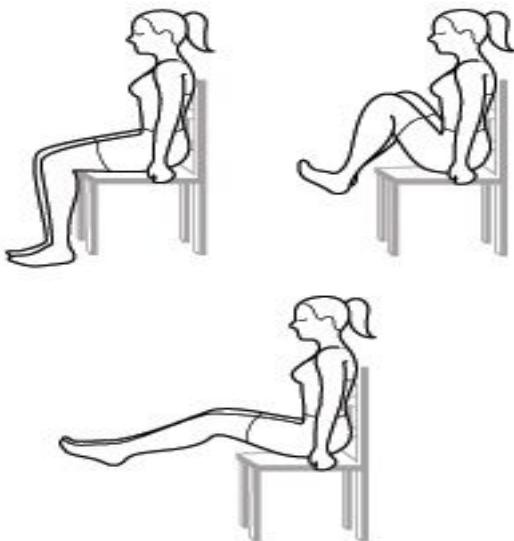


(Image shown kneeling)

**Triceps Dips** - Stand with your back to your desk. Place hands on the edge of the desk and move your body away from your desk – far enough to be in a sitting position when you lower your arms. Lower your body, while bending your knees, (you will look like you are sitting in a chair) and then straighten your arms again. This exercise works the back of your arms.



**Chair Crunches** - Sit on the edge of your chair and lean your body back. Holding on to the side or arms of the chair, bring your feet off the ground, then bend your knees and raise them toward your chest. Your body will bring toward your knees at the same time. Lower legs down, but do not allow them to touch the floor. This exercise works your abdominal muscles and core.



**Chair Twists** - Sit on the edge of your chair, with hands out straight in front of you. Slowly bend one elbow, and reach it toward the wall behind you, while lowering your body toward the back of your chair. You will twist your body to follow your elbow. This exercise works your oblique muscles.