



Chair Exercises

Triceps dips

1. Slide forward in your chair until you are sitting on the edge.
2. Stick your legs straight out so your heels are on the floor and toes are pointed towards the ceiling.
3. Grab the front edge of your chair with both hands, about shoulder-width apart, knuckles pointing forward.
4. Lift your tailbone and bring it about two inches in front of your chair.
 - a. If you are on a rolling chair do not forget to brace the chair against the wall for safety.
5. Bend your elbows and lower your hips towards the ground.
6. Use your arms (not your legs) to push yourself back up.
7. Repeat 10-15 times.
 - a. To make this exercise easier, bend the knees slightly to decrease the effort.

Chair crunches

1. Slide forward in your chair until you are sitting on the edge.
2. Grasp the sides of the chair with both hands.
3. Extend your legs straight out in front of you.
4. Lean backwards in your chair, but do not rest against the back of your chair. You should feel your abdominal muscles engage.
5. Keeping your legs straight, lift them off of the floor.
6. Bend your legs and bring your knees towards your chest, then extend them back out to straight.
7. Repeat 10-15 times.

Chair squats

1. Slide forward in your chair until you are sitting on the edge, stomach pulled in and back straight.
2. Plant your feet flat on the floor about shoulder-width apart.
3. Digging your heels into the ground (you should be able to wiggle your toes), stand up straight.



- a. Keep your knees pointing forward over your ankles – they should not cave in towards the center.
4. Keep your hands and arms out in front of you to resist pushing off.
5. Once you are standing up straight, slowly lower yourself back down over your chair like you are going to sit back down.
6. As soon as your butt touches the chair, drive through your heels to stand back up again.
7. Complete this 10 times.

Speed-bag exercise

1. Slide forward in your chair until you are sitting on the edge, stomach pulled in and back straight.
2. Raise your arms so your elbows are above your shoulders and perform speedbag punches.
3. Do 10 seconds to the left, 10 seconds to the right, and 10 seconds straight in front of you for a total of 30 seconds of punching.

Desk push-ups

1. Stand up and face your desk. Place your hands on the edge of the desk, shoulder-width apart.
2. Extend your legs behind you so you are in a push-up position. Your head, back, butt, and heels should be in a straight line.
3. Keeping your abdomen pulled in towards your spine, bend at the elbows to lower yourself towards the desk.
4. Push yourself away from the desk to return to the starting position.
5. Repeat 10-15 times.
 - a. To make this exercise easier, only lower your body a couple of inches towards the desk. To make this exercise more difficult, use a surface that is lower to the ground such as your chair instead of your desk, again remembering to brace the chair against a wall.