

Desk Exercises and Stretches

Abs

Ab Squeezes

Sit upright in your chair and look straight ahead. Contract your abs as hard as possible and hold for 2 to 3 seconds. Release and repeat for a set of reps. You can also target your oblique muscles by contracting sideways.

Desk Crunches



Desk Plank



Back and Hamstrings

Seated Chair Twist



Lower Back Stretch



Standing Toe Touches



Neck and Shoulder

Seated Neck Stretch



Chin Tuck



Shoulder Stretch

