



# FLEX PROGRAM — Exercises to do on break by your desk

Intermittent exercise throughout your day has many benefits and is an efficient way to fit in a workout.  
**WORKOUT:** Perform 2–3 sets of 10 repetitions, 3–4 days each week.

## ▶ UPPER BODY

Wall Push-ups



Desk Push-ups



or... Regular Push-ups



Dips on Chair



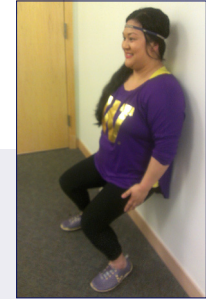
and... Dips on Desk



**MODEL:** Renee Traculad, Administrative Assistant, Facilities Services

## ▶ LOWER BODY

Wall Squats: hold for 30–45 seconds



and... Chair Squats



Walking Lunges



and... Wall Lunges



## ▶ Benefits of Strength Training

- Increased energy | Increased strength | Improved fitness | Weight loss
- Injury Prevention | Improved confidence | Increased productivity