

Exercise of the Month



Chair Squats at Your Desk

Purpose: Increase strength in the lower body and increase activity level throughout the day

Target Muscles: Quads, Hamstrings, Calves

Equipment Needed: Chair

Movement:

- Begin in a standing position with arms outstretched parallel to the floor and feet shoulder width apart
- Initiate the squat by pushing hips backwards toward the chair
- Keep the knees tracking in line with the toes as you descend
- Maintain a neutral spine, avoid looking up or tucking the chin
- Gently tap the chair, without putting your full weight on the seat
- Push through the whole foot to ascend back to standing

How to incorporate into your workday:

- Try and complete at least 3 sets throughout the day
- Feeling stagnant in creativity? Stop and do 10 reps
- Been sitting for more than an hour? Do 10 reps
- Feeling stressed or overwhelmed with multiple tasks? Do 10 reps

