



# 3 minute desk workout: gentle

We've put together this short routine that'll give you a mini boost; you'll feel much better after being sat still for so long and it only takes 3 minutes to do.

You can do this stood up or sat down in your chair - just make sure there's no obstacles, people or wires in your way!

Even better - you don't need:

- × to go to the gym
- × to get changed
- × to be dressed from head to toe in lycra!

Do each of the following activities for 30 seconds at your own pace...



**Side stretch**  
Start off by stretching each side for 15 seconds



**Ankle rotation**  
Gently rotate your ankles around, going clockwise and anticlockwise



**Side to side**  
Imagine you're on the dance floor and tap your feet from side to side!



**Overhead press**  
Imagine you've got dumbbells in your hands and lift up and down



**Knee to chest**  
Alternate legs and lift your knee up in to your chest



**Overhead arm clap**  
Finish off with some long arm swings with a clap at the top. Think Queen.



The exercises above have been taken from an app called 'Sworkit', which is one of hundreds of apps out there where you can choose your own exercises to put together a routine to suit you and your level of fitness. The app also contains videos so you can see how to undertake each exercise.

Find more ways to move more & stress less at work at [www.merseysidesport/myactiveworklife](http://www.merseysidesport/myactiveworklife)





# 3 minute desk workout: harder

This workout is a bit more of a challenge and will really get your heart pumping and your breathing rate up; and by the end of it you should have those lovely feel good

hormones and endorphins rushing around your body!

This workout can be done in your work clothes (though take off your high heels!), but

make sure that you've got enough space around you and no other obstacles in your way! Take it all at your own pace - it's not a problem to slow down or stop.

Do each of the following activities for 30 seconds at your own pace...

 <p><b>Bend and reach</b> Bend down and touch the floor, then reach up for the stars (S Club 7 style)</p>	 <p><b>Jumping jacks</b> You know the drill - legs and arms in and then jump it out</p>	 <p><b>Lunges</b> This gets the knees creaking - alternate your legs</p>	 <p><b>High knees</b> Keep the energy up and get those knees up above waist height</p>	 <p><b>Squats</b> Great for building up the muscles in your legs and bum!</p>	 <p><b>Running on the spot</b> Sprint for the finish - make sure they can hear you on the floor below!</p>
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