

25 Essential Desk Exercises to Enhance Your Back Health



Fitness At Workplace: 25 Exercises At Your Desk To Improve Back Health: Desk Exercises For Abs

by Elena Upton

★★★★☆ 4 out of 5

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Working at a desk for extended periods can take a toll on your back, leading to pain, discomfort, and potential long-term health issues. However, with these 25 simple and effective desk exercises, you can proactively improve your back health and well-being, even while sitting at your workplace.

1. Shoulder Rolls



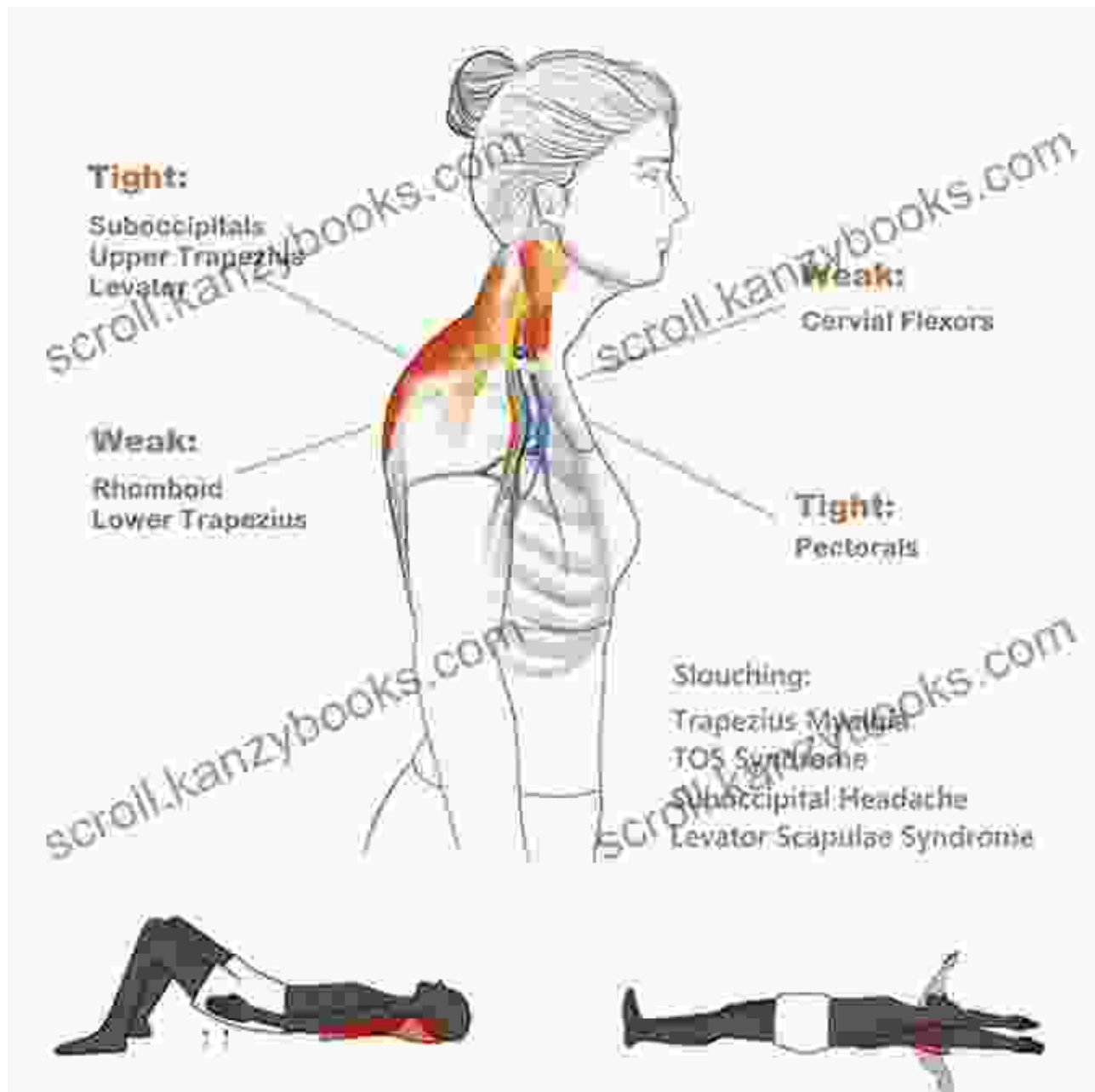
1. Sit up straight with your shoulders relaxed.
2. Slowly roll your shoulders forward in a circular motion for 10 repetitions.
3. Reverse the direction and roll your shoulders backward for another 10 repetitions.

2. Neck Stretches



1. Sit up tall with your spine straight.
2. Slowly tilt your head forward, bringing your chin to your chest.
3. Hold for 10-15 seconds, then gently return to the starting position.
4. Repeat the same stretch, but this time tilt your head back, looking up at the ceiling.

3. Upper Trapezius Stretch



1. Sit up straight with your spine straight.
2. Place one hand on the top of your head, and gently pull your head to the side, stretching the muscles in your upper trapezius.
3. Hold for 10-15 seconds, then repeat on the other side.

4. Desk Push-Ups



1. Stand facing your desk with your hands shoulder-width apart on the edge of the desk.
2. Step back until your body is at a slight angle.
3. Lower your chest towards the desk by bending your elbows, then push back up to the starting position.
4. Aim for 10-15 repetitions.

5. Chair Squats

EXERCISES TO PREVENT & REDUCE LOW BACK PAIN



POSTURE
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1. Stand in front of your chair with your feet shoulder-width apart.
2. Slowly lower your hips towards the chair as if sitting down, then stand back up.
3. Keep your back straight and your knees aligned with your toes.
4. Aim for 10-15 repetitions.

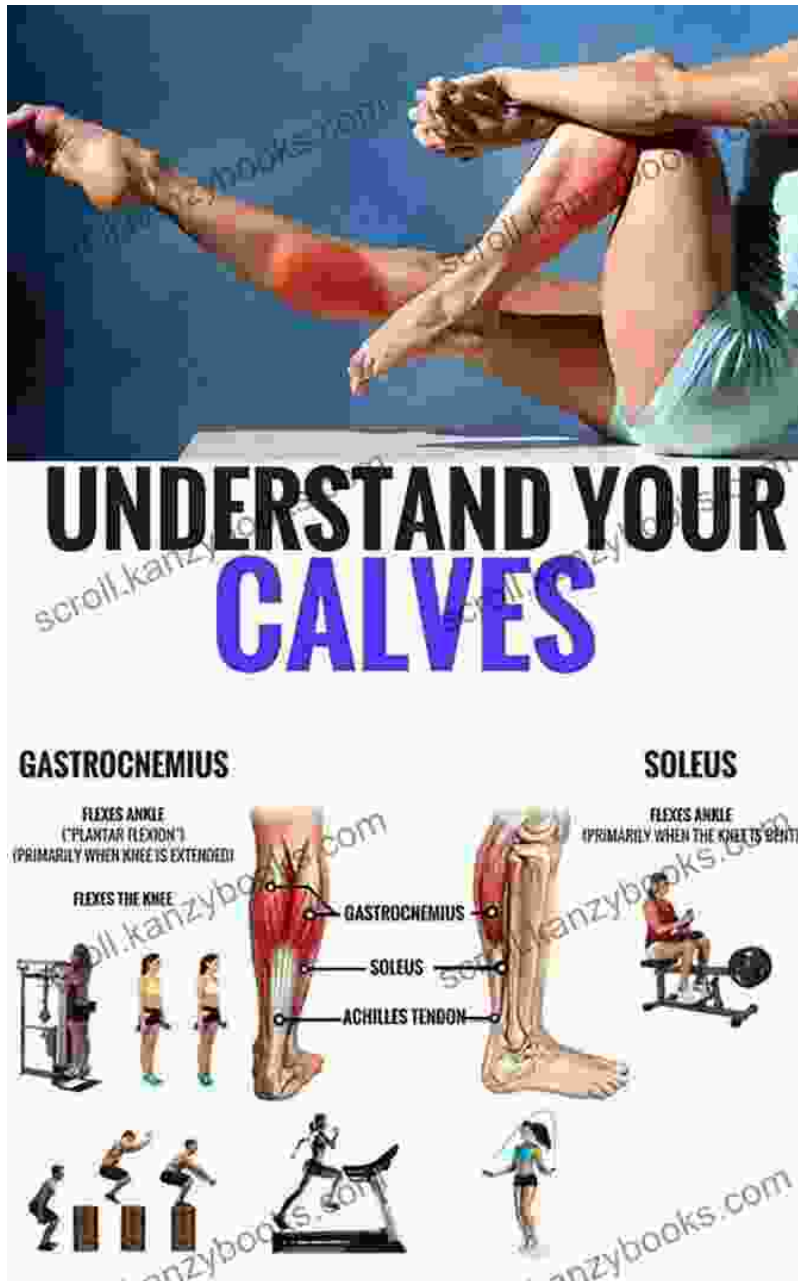
6. Desk Lunges



1. Stand facing your desk with your feet hip-width apart.
2. Step forward with your right leg and bend both knees.
3. Keep your left heel off the ground and your right knee directly above your ankle.

4. Hold for 10-15 seconds, then return to the starting position.
5. Repeat on the other side.

7. Calf Raises



1. Stand behind your chair with your feet flat on the floor.

2. Slowly raise up onto your toes, then lower back down to the starting position.
3. Keep your knees straight and your core engaged.
4. Aim for 10-15 repetitions.

8. Pelvic Tilts



1. Lie on your back with your knees bent and your feet flat on the floor.
2. Tighten your abdominal muscles and tilt your pelvis upwards, flattening your lower back against the floor.
3. Hold for 5-10 seconds, then release and return to the starting position.

4. Repeat 10-15 times.

9. Bird Dog



1. Start on your hands and knees, with your hands directly under your shoulders and your knees under your hips.

2. Extend your right arm forward and your left leg backward simultaneously, keeping your back straight.
3. Hold for 5-10 seconds, then return to the starting position.
4. Repeat on the other side.

10. Plank



1. Start in a push-up position, but with your forearms on the ground and your elbows aligned with your shoulders.
2. Engage your core and hold your body in a straight line from your head to your heels.
3. Hold for as long as you can, up to 60 seconds.

11. Side Plank



1. Lie on your side with your legs extended and your feet stacked on top of each other.
2. Prop yourself up on your left forearm, with your elbow aligned with your shoulder.

3. Engage your core and lift your hips up, forming a straight line from your head to your feet.
4. Hold for as long as you can, up to 30 seconds.
5. Repeat on the other side.

12. Glute Bridges



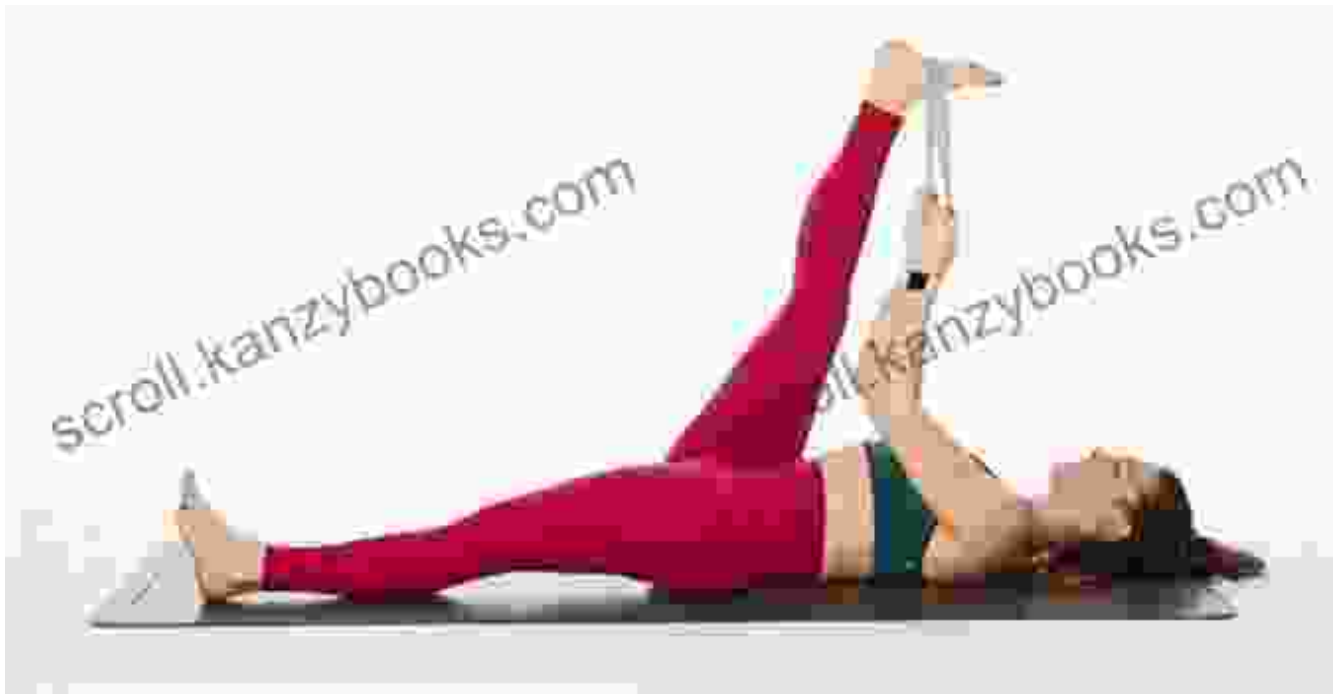
1. Lie on your back with your knees bent and your feet flat on the floor.
2. Tighten your glutes and lift your hips up until your body forms a straight line from your shoulders to your knees.
3. Hold for 5-10 seconds, then lower back down to the starting position.
4. Repeat 10-15 times.

13. Hip Flexor Stretches



1. Kneel on the floor with your right knee bent at a 90-degree angle.
2. Place your left foot flat on the floor in front of you.
3. Lean forward into your right hip until you feel a stretch.
4. Hold for 10-15 seconds, then release and repeat on the other side.

14. Hamstring Stretches



1. Stand with your feet shoulder-width apart.
2. Bend over at the waist and reach your hands towards your toes.
3. Hold for 10-15 seconds, then release and repeat.



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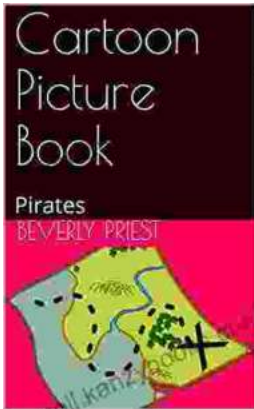
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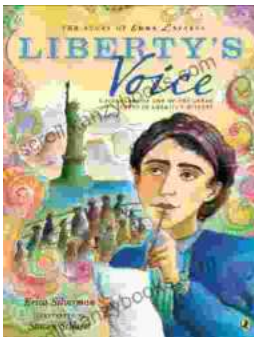
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