



Suggested Exercises to do while sitting at this Conference!

7 exercises to do while you are **sitting** at **work**



7 Exercises You Can Do While Sitting at this Conference or sitting down in the Office

If working long hours at the office is eating away at your exercise time, don't despair. Make the most of your time by exercising on the job. Here are seven exercises you can do while sitting down in the office that don't even require that you get out of your seat. GREAT FOR CONFERENCES TOO!

Reference: <http://www.yourmodernfamily.com/exercise-sitting-down>

Clenches

- For buns of steel, clench your buttocks and hold for ten seconds. Do five sets of eight reps. The beauty of this exercise is that your supervisors and co-workers won't see any movement and need not even know that you're secretly exercising on the job.

Ankle rotations

- Rotate your ankles in both directions for five seconds. Do five sets of eight reps in each direction. This exercise can strengthen the flexibility of your ankles and make you less likely to suffer from sprains.

Arm stretches

- Just because you're seated at your desk doesn't mean your arms can't do just about anything they want. Many arm exercises can be performed while seated at your desk. Stretch the muscles in your right arm by reaching as far to the left as you can with your right arm while supporting it in the crook of your left elbow and then hold it there. Feel the stretch for five seconds. Do eight reps before switching over to your left arm.

Calf muscle toning

- Give your calf muscles a work out by raising your legs up on the very tips of your toes while remaining seated. Your calf muscles should start to burn after a few seconds. Hold for ten seconds and then repeat eight times.

Rotating at the waist

- Strengthen your core by rotating at the waist while remaining seated. Rotate as far to the left as you can and hold for five seconds, then repeat on the right. Complete five sets. Grab the backrest of your chair with your hands for extra support.

Crunches

- Move to the edge of your seat and lean back on the backrest. Then lift your straightened legs a few inches above the ground and raise your back a few inches off the backrest. Feel the burn in your abdominal muscles and hold for ten seconds. Eight reps of ten seconds each can strengthen your core considerably when done regularly.

Leg lifts

- Starting with both feet flat on the floor, do leg lifts, starting first with the right leg and then the left. Lift each leg until it touches the underside of your desk. Do ten sets of eight reps to strengthen your thigh muscles and your core.

Being busy is never an excuse to not stay fit. While you should always try to make time for proper cardio and weight training, never forget that there are many other ways you can incorporate exercise into your daily routine. Doing a couple of simple exercises while sitting down in the office each day can, when done regularly, help to improve your flexibility, muscle tone and strength.



Introduction to self care while sitting.

Sitting does not have to mean relaxing. Get a workout while you are working, watching television, watching a movie at a theatre or being part of a Conference audience. A seated workout can be as simple or as complicated as you make it. It only takes a few minutes to strengthen and tone your lower body, upper body and core muscles, from the comfort of your chair.

Reference: [liveSTRONG.com](https://www.livestrong.com)

Gluteal Squeezes

Gluteal squeezes can be performed without anyone even noticing that you are exercising. Squeeze your gluteals, otherwise known as the muscles that make up your butt, as tight as you can and hold for 10 seconds. Release your contraction and rest for five seconds before repeating the sequence for 10 repetitions. For isolation work, squeeze one side at a time holding for 10 seconds and then repeating on the other side.

Seated Calf Raises

Seated calf raises are less intense than the standing version of calf raises because they do not require you to support your entire body. Sit with your back straight and your feet flat on the floor. Contract your calf muscles and you lift your heels up, keeping the balls of your feet in contact with the floor. Complete 20 repetitions, rest for 10 seconds and then repeat for two or three more sets.

Chair Dips

Chair dips strengthen and tone your triceps muscles. If you are using a chair with wheels, lock the wheels in place because your chair could slide during the exercise. (No chairs with wheels in this Conference area!) Wrap your hands around the front edge of your chair with your knuckles facing forward. Straighten your arms and lift your butt 2 to 3 inches from the edge of your chair. Bend your elbows and lower your hips just below the surface of the chair. Straighten your arms to return to your starting position and repeat 10 to 12 times. To add more intensity, keep your legs straight during the exercise.

Seated Crunches

Strengthen your abdominals and hip flexors without lying on the floor. From a seated position, move three-quarters of the way to the edge of your chair. Wrap your hands around the seat bottom for additional support. Lift both feet up bringing your knees towards your upper body. Contract your abdominals and refrain from leaning back. Lower your legs and lightly touch your feet to the ground before repeating. Complete 10 to 15 repetitions.

Leg Extensions

Sit with your back straight in the centre of your chair. Lift one leg off the seat and extend from your knee joint. Bend your knee to return to the starting position. Complete 10 to 15 repetitions before repeating with your other leg. For an additional challenge, attach ankle weights to increase the resistance. (Remember to laugh when you are doing this in a crowded Conference theatre!)

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How to Do Cardio While Sitting