



Kitchen to Gym Fitness

1 WEEK OF AT-WORK EXERCISES

Hey there! Here are 5 quick workouts that you can do in the office or at home. These short workouts will improve productivity, mood, and your immune system, while preventing stress and anxiety. I hope you enjoy these and remember, the goal isn't to sweat, but rather to get your body moving. I'm so excited to see your results.

Shannon Moens

MONDAY

Walk at a comfortable pace for 5-15 minutes

Go for a walk

TUESDAY

Do as many rounds as comfortable in 5 minutes

8 Calf Raises

8 Seated Knee Extensions *each side*

8 Side Leg Raises *each side*

15 second Desk Plank

8 Hip Extensions *each side*

WEDNESDAY

Do one round of each stretch

20 sec hip flexor stretch (right)

20 sec hip flexor stretch (left)

20 sec quad stretch (right)

20 sec quad stretch (left)

20 sec wide leg hamstring stretch

20 sec chest stretch (right)

20 sec chest stretch (left)

THURSDAY

Do one round of each exercise

8 Squats

10 Wall Push Ups

20 sec Desk Plank

10 Alternating Walking Lunges

8 Desk Dips

FRIDAY

Use a tennis ball to massage each muscle

NOTE: do not roll over bone

20 sec glute (back of right hip)

20 sec glute (back of left hip)

20 sec mid back (left of spine)

20 sec mid back (right of spine)

20 sec upper back (left of spine)

20 sec upper back (right of spine)