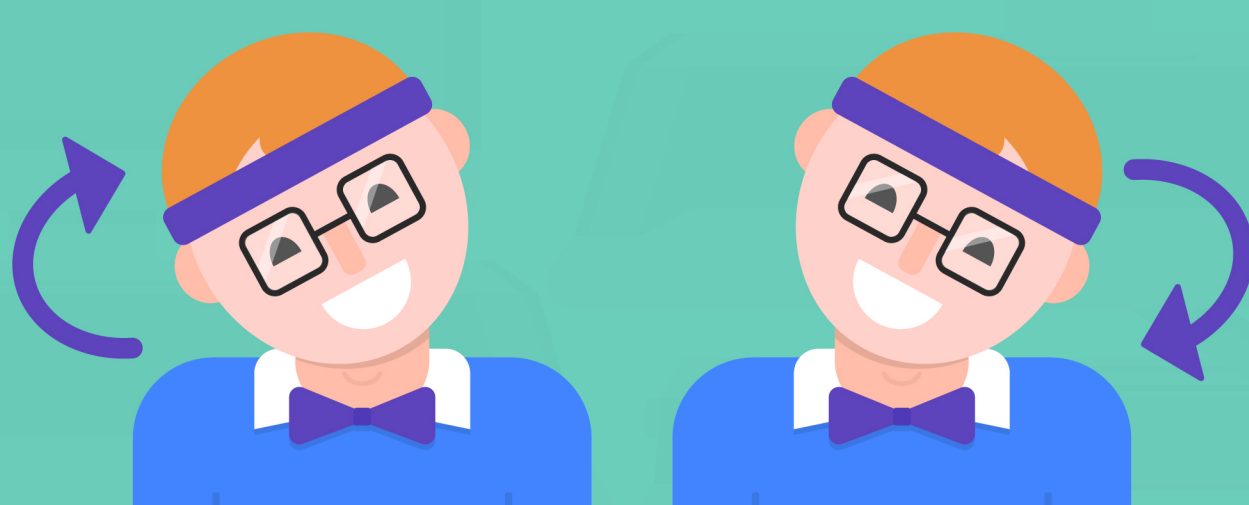


TOP 5 DESK EXERCISES



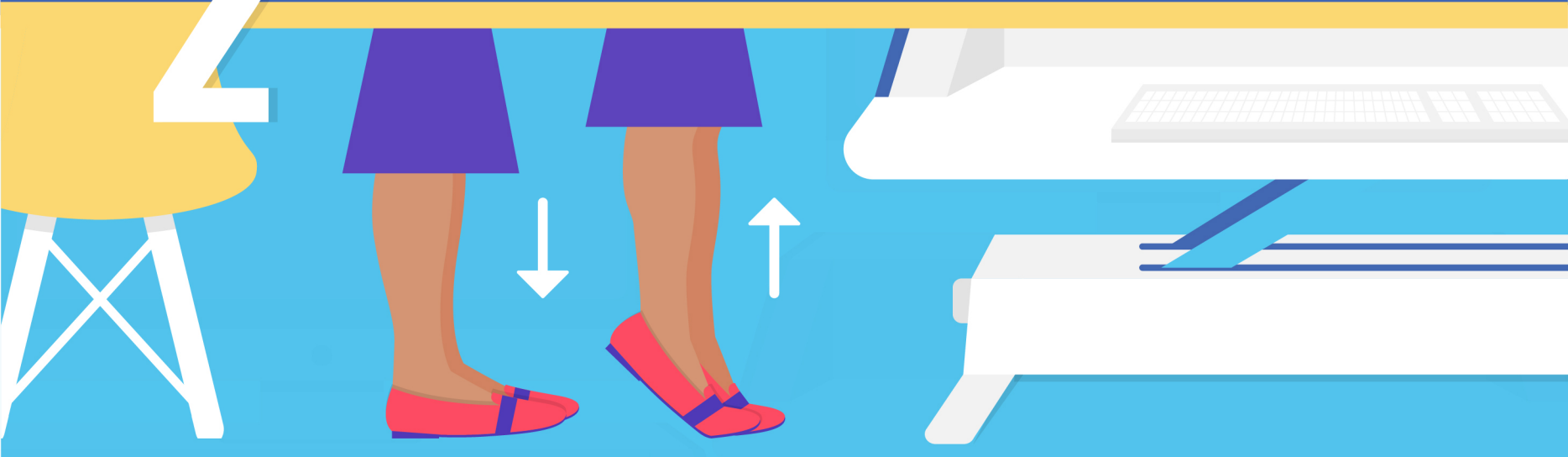
1 HEADS WILL ROLL

Stretching plays a vital part in helping to correct your posture, improve your energy levels and promote blood circulation. For this exercise, take some time out of your work day to sit up and drop your right ear towards your right shoulder and hold for a few seconds then gently roll your head over to your left and repeat!



2 CALF RAISES

Tone your legs without ever leaving your Lotus Sit-Stand Workstation! You can use your desk or the back of your chair for support. Raise your heels off the floor, standing on your toes, then slowly lower yourself back on to the floor. Feel the burn by doing 4 sets of 10.



3 CRUNCH TIME

Covertly work on those abs in time for Summer by taking deep breaths and tightening the abdominal muscles. Hold the position for 5-10 seconds and then release. Repeat for 3 sets of 10.



4 WATER BOTTLE BICEP CURLS

Work on toning those arms with the help of your water bottle. Pick up your full water bottle from your Lotus shelf and use it as a makeshift weight to increase the difficulty of your workout. Repeat for 3 sets of 10.



5 BACK TO WORK

Finish off your routine with some chair squats. Studies show alternating between sitting and standing throughout the day improves your health and productivity. Simply stand up straight and lower your body as if you were going to sit down on your chair then stand back up. This exercise works your lower back and the backs of your thighs. Repeat for 2 sets of 10.



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