



# Office Fitness Challenge

MON	TUE	WED	THU	FRI
<b>Triceps Dips</b> 3 sets of 10	<b>Desk Pushups</b> 3 sets of 10	<b>Calf Raises</b> 3 sets of 10	<b>Squats</b> 3 sets of 10	<b>Chair/Desk Side Planks</b> 30 seconds each side
<b>Desk Planks</b> 30 seconds each side	<b>Desk Donkey Kicks</b> 3 sets of 10	<b>Pistol Squats</b> 3 sets of 10	<b>Lunges</b> 15 reps on each side	<b>Side Lunges</b> 10 times on each side
<b>Single-Leg Deadlifts</b> 5 times on each leg	<b>Wall Sit</b> Hold for at least 30 seconds	<b>Step-Ups</b> 10 times on each side	<b>Single-Leg Squats</b> 10 times on each side	<b>Jumping Jacks or Marching</b> 3 sets of 10
<b>Oblique Twists</b> 3 sets of 10	<b>Seated Bicycles</b> 3 sets of 10	<b>Leg Lifts</b> 20 seconds each side	<b>Seated Knee to Chest</b> 3 sets of 10	<b>Glute Squeezes</b> 3 sets of 10
<b>Seated Leg Extensions</b> 3 sets of 10	<b>Seated Windshield Wipers</b> 20 reps	<b>Seated Flutter Kicks</b> 3 sets of 10	<b>Bicep Curls</b> 3 sets of 10; each side	<b>Seated Shoulder Press</b> 3 sets of 10; each side



To access tutorials for these exercises, [click here](#).