

On the Job Training

This program was designed for individuals of all fitness levels who have limited time to exercise. The exercises provide a balanced workout for all major muscle groups and should be executed slowly and with good form. Quality always prevails over quantity. Please see a fitness specialist for specific guidance prior to starting these exercises.



684-3136, option 1

Warm-up: 5 minutes

*March in place

*Jumping jacks

* Jog

* Jump rope

Chair Squats (legs) 10-15 repetitions

- Sit on edge of a sturdy chair, placed against a wall.
- Align knees above ankles and knees hip width apart.
- Place arms out in front and lean upper body forward until body weight is evenly distributed in heels.
- Stand up slowly pushing through heels.
- Sit down using the chair as the target end position.
- Maintain a natural arch in the lower back.



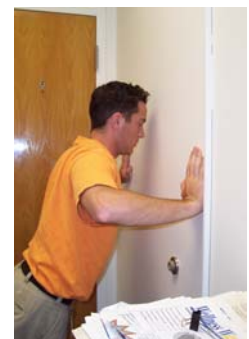
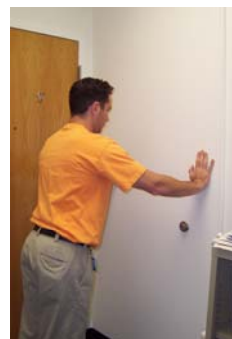
Desk Dips (triceps) 10-15 repetitions

- Place arms shoulder width apart on desk with fingers forward and distribute body weight in arms.
- Keeping body close to desk, bend at the elbow joint.
- Keep elbows pointing back when lowering and pushing.
- Make small movements, 10 degrees to 90 degrees of bend as shown.



Wall Push Ups (chest) 10-15 repetitions

- Place hands on wall below shoulder level and slightly wider than shoulder width apart.
- Keep fingers facing upward, while keeping back straight and abs tight supporting the lower back.
- Bend at the elbows bringing body close to the wall or until nose is approximately 1" away from the wall.
- Maintain a straight line from shoulders to ankles through entire movement.



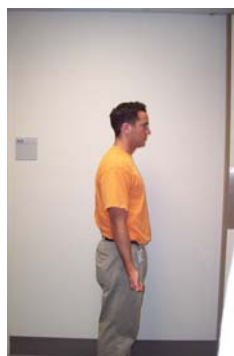
Retraction (back) 10-15 repetitions

- Start with arms out in front and parallel with the ground.
- Bend at the elbow joint and move arms backwards, elbows leading.
- Keep elbows slightly below shoulder level.
- Move arms back and squeeze shoulder blades.
 - Pretend to squeeze a pencil in the middle of your back.
- Hold the squeeze, then release to starting position.



Arm Curls (biceps) 10-15 repetitions

- Stand up straight with good posture and keep the abs tight to support the lower back.
- Start with elbows at the side, fully extended.
- Curl arms and keep palms facing upward.
- Fully extend arms through the greatest range of motion.
- Hold an object for resistance or squeeze one muscle throughout the full range of motion.



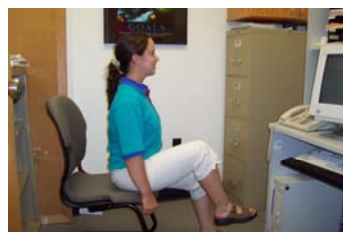
Arm Circles (shoulders) 10-15 repetitions

- Bring arms up until they are parallel with the ground.
- Keep the back straight and abs tight to support the lower back.
- Make small circles forward and backward.



Chair Marching (core) 10-15 repetitions

- Sit in a sturdy chair with a tall straight back.
- Keep abs tight to support the lower back.
- Lift right leg up with a bent knee and without leaning backwards.
- Repeat with the left leg and keep alternating.



Repeat program 3 times through for greatest benefit

Cool down: 3 minutes

**Stretch large muscle groups*