

LUNCHTIME OFFICE WORKOUTS



Note: Before starting on any workout, it is important to start with a 5-10 minute warm up session. Please be aware of your health condition (e.g. pre-existing injuries, existing medical conditions) and take care not to overexert yourself.

1



Squats (45 secs)
Rest 15 secs

2



Jog On The Spot (45 secs)
Rest 15 secs

3



Water Bottle Shoulder Raises (45 secs)
Rest 15 secs

4



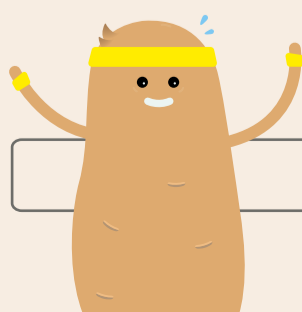
Chair Dips (45 secs)
Rest 15 secs

5



Wall Sits (45 secs)
Rest 15 secs

Repeat
Steps 1-5
two more
times



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