

LUNCHTIME OFFICE WORKOUT



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



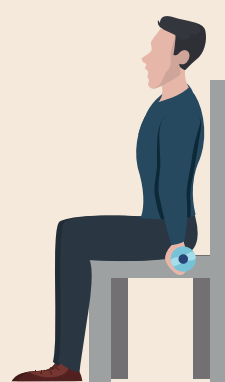
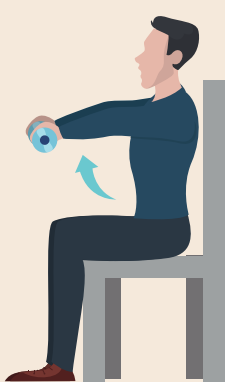
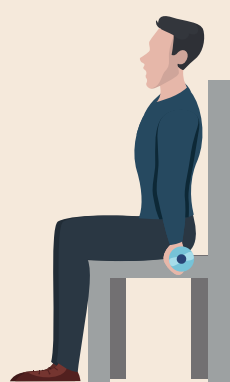
Squats (45 secs)
Rest 15 secs

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**

*Disclaimer: Visuals are for illustration purposes only.
Refer to go.gov.sg/stayactive for tips on performing exercises safely.*

Learn how you can stay well to stay strong at healthhub.sg/staywell

