

# Office Workout

*Warm-up:*

*Knee Hugs x10 ea*

*Butt Kicks x10 ea*

*Arm Circles x20 secs ea*

*“5-Count” Squats x5*

*Pulse Squats x5*

*Standard Squats x5*

*Single-leg Deadlifts x10 ea*

*Single-arm Lat Raises x60 secs ea*

*(Three times)*

*Cool-down:*

*Seated Knee Hug Stretch*

*Wide Stance Toe-Touch Stretch*

*Cross-Body Reach*

*(20 seconds each stretch)*

