

This program is for people who either sit or stand every day at work.
 This program will take 5–15 min.

ON THE JOB

Stretch

3 min

- Always stretch and warm up before you exercise
- Do not bounce
- No pain!
- *Feel* each stretch
- See Stretching Instructions, pp. 77–84

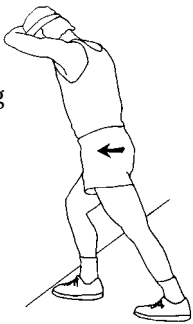
1
15 sec
p. 81



2
10 sec
p. 82



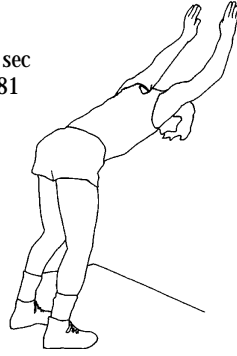
3
15 sec
each leg
p. 79



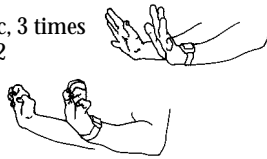
4
15 sec
each leg
p. 79



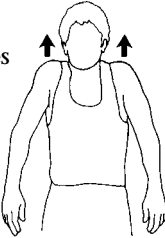
5
15 sec
p. 81



6
5 sec, 3 times
p. 82



7
5 sec, 2 times
p. 81



8
15 sec
p. 81



9
5 sec
each side
p. 84



10
10 sec
p. 79

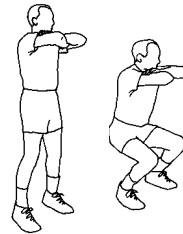


Lift

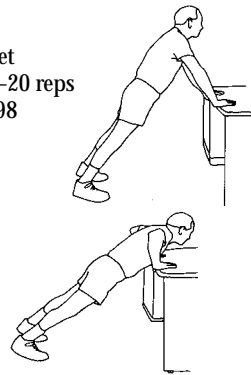
12 min

- Set = a fixed number of repetitions
- Rep = a repetition
- See Lifting Instructions, pp. 85–108

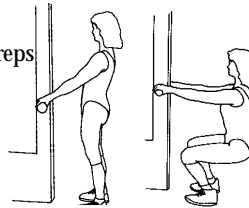
1
1 set
10–20 reps
p. 105



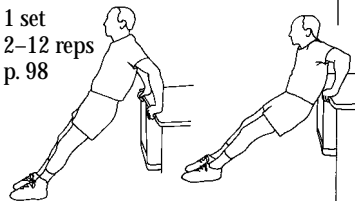
2
1 set
15–20 reps
p. 98



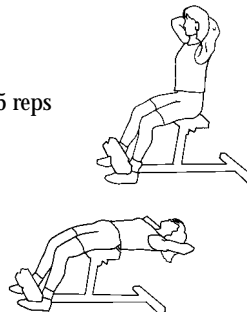
3
1 set
8–12 reps
p. 91



4
1 set
2–12 reps
p. 98



5
1 set
10–25 reps
p. 87



Move

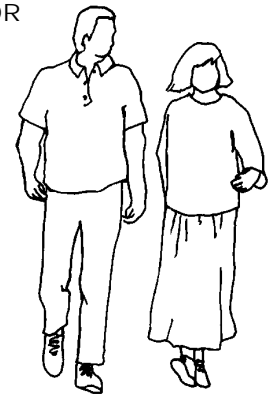
10–20 min

- Do anything that gets your heart rate up
- See Moving Instructions, pp. 64–76

RUN IN PLACE
10 min

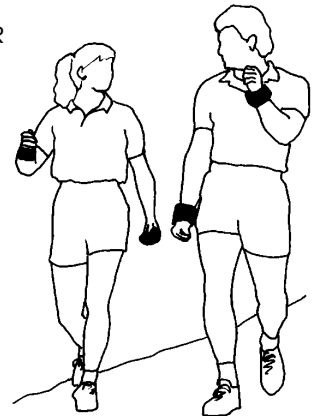


OR



WALK DURING LUNCH
20 min

OR



WALK WITH WEIGHTS
15 min

OR

CLIMB STAIRS
3 times a day