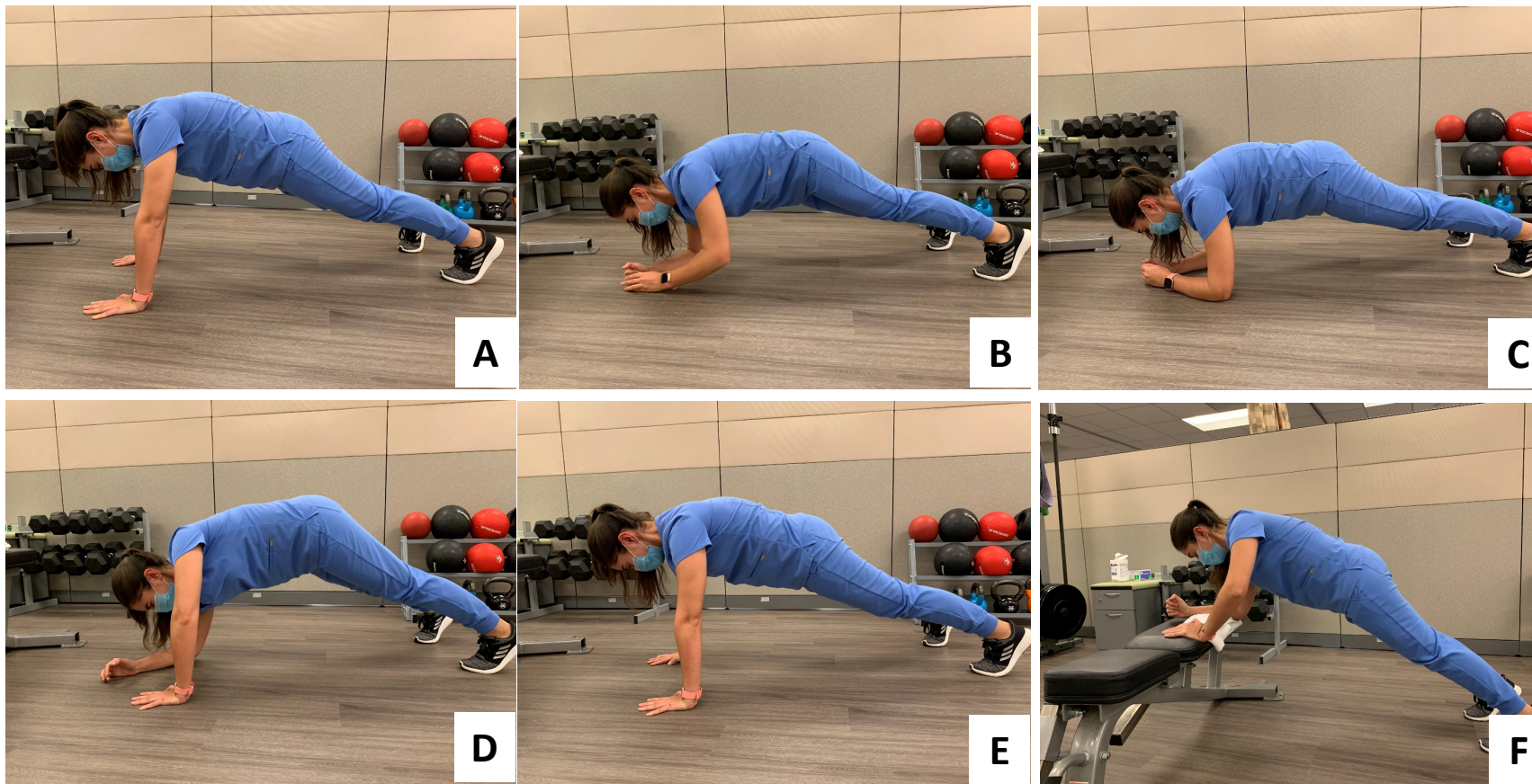




Mountain Climbers

Plank-style exercises provide a quick way to get a good core workout as well as a little something extra. Mountain climbers are a great example of a plank-style workout that can be done with little to no equipment. Simply start in a plank position (**Image A**) and raise your knees to your chest in alternating fashion as shown in **Images B-C**. Make sure to keep a strong core throughout the movement. If you have wrist or back pain when performing the exercise or need to make the exercise a little bit easier, consider performing the exercise on a stable elevated surface as shown in **Images D-F**. A stable exercise bench, a firm couch, or even a padded kitchen counter may surface as alternatives for an elevated surface from which to perform the exercise.

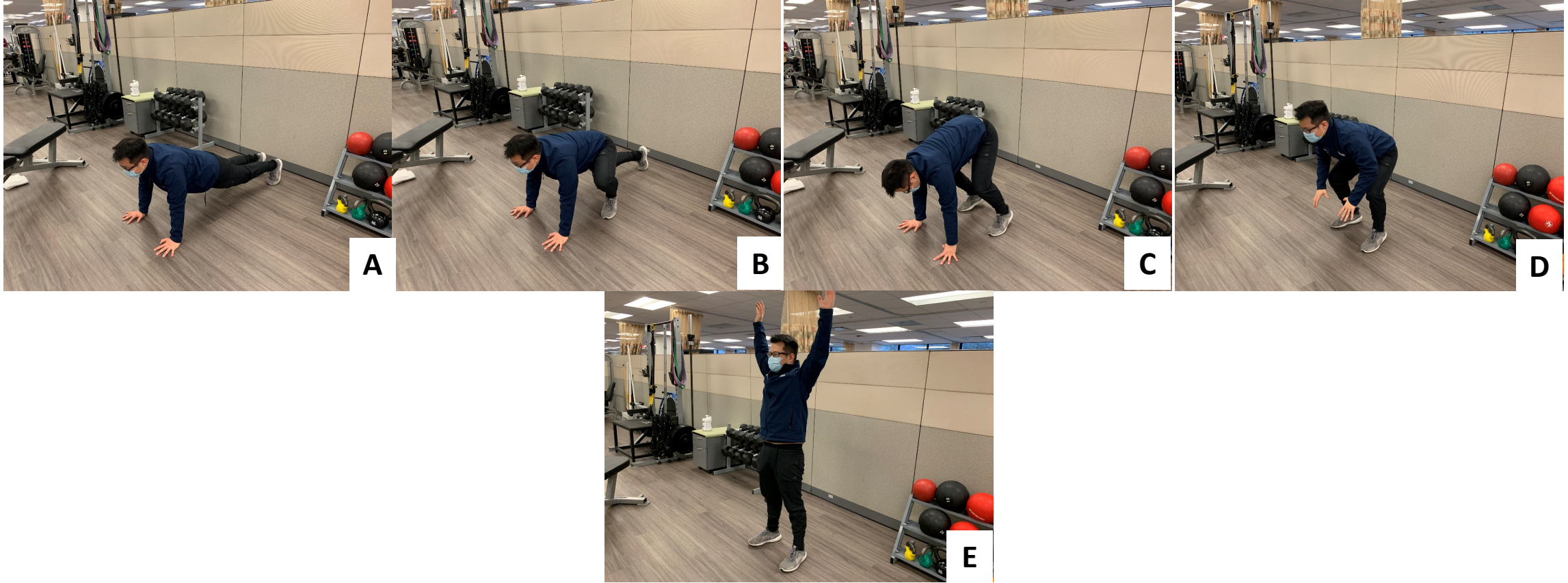
To get started, we recommend doing the movement as many times as possible for 30-60 seconds.



Plank Arm Switches

The plank arm switch is another great example of a core workout plus a little bit of extra for the upper extremity. To perform the exercise, start in a straight arm-plank position (**Image A**) and slowly lower one arm at a time (**Image B**) to transition to a bent-arm plank position (**Image C**). Straighten one arm at a time (**Image D**) to return to the original starting position (**Image E**). Perform the movements quickly maintaining a strong core throughout. As with the mountain climbers, this exercise can also be done in a modified elevated position (**Image F**) to make the movement slightly easier or decrease stress on the wrist or back.

Perform the movement for time (20 seconds for starters) or for reps (8x each arm).



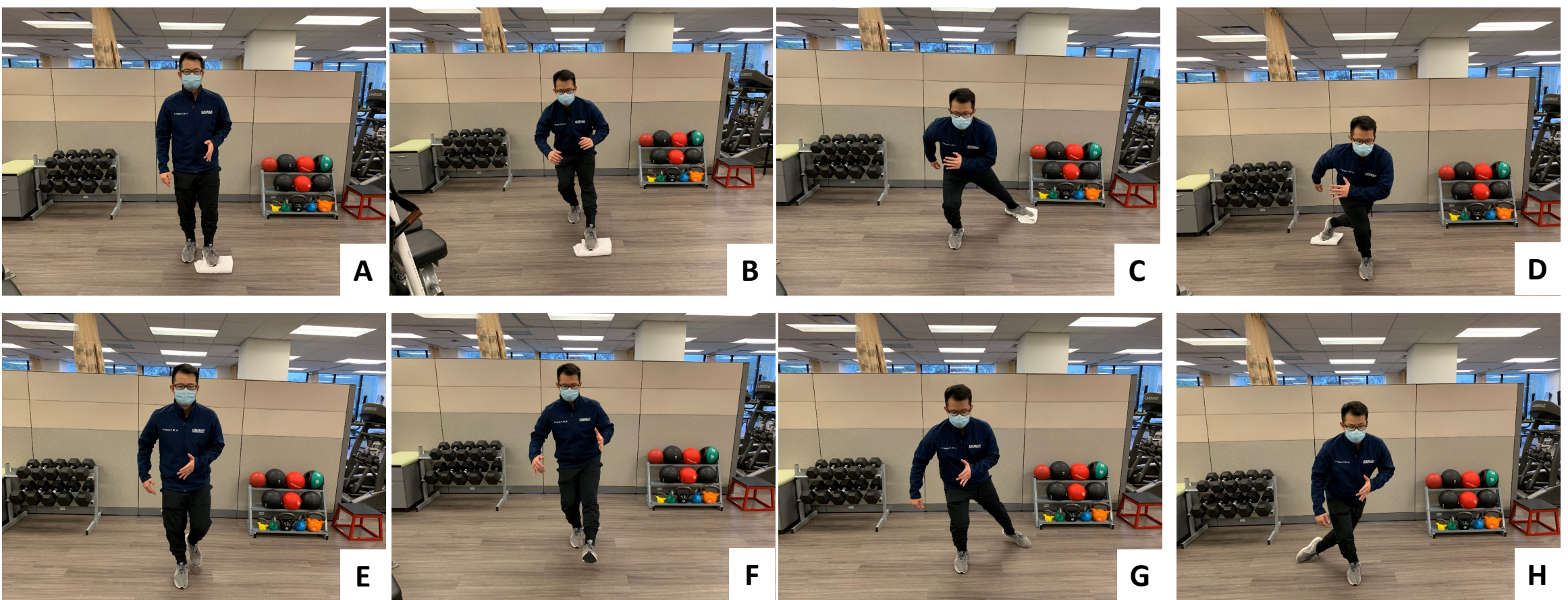
Modified Burpees

Burpees are well known for being an exercise with a high barrier of entry. However, for those still wanting a total workout with cardiovascular and strength components, but are a little hesitant of the explosive demands of a traditional burpee, a modified burpee may serve as an appropriate exercise challenge. Perform the movements shown in the image sequence (**Images A-E**), moving between a “plank” position and a “jack” position as quickly as possible. This exercise removes the difficult leaping and “pushup” components of a traditional burpee, yet still emphasizes quick and dynamic transitions for a great overall workout. As with the plank exercises shown previously, an elevated starting surface can also be used to make the movement sequence slightly easier. Perform the movement as many times as possible in a pre-determined amount of time (we recommend 30 seconds for starters) or add the routine to your home workout circuit!



Wall sweeps

Wall sweeps are great exercises to encourage mobility of the shoulder and the thoracic spine especially after spending a sustained time working on the desk. Start the exercise by standing close to a wall with the feet staggered apart and arm closest to the wall slightly raised and palm turned outwards as show in **A**. Lead with the arm that is closest to the wall, moving in a circular motion as shown in the image sequence **A-D**. Perform the movement in a smooth and fluid manner, aiming to use the lead arm to trace, but not lean on the wall. For an additional stability challenge, perform the movement in a half kneeling pose with both feet placed in a straight line (as shown in **E**) and the toes of each foot facing opposite directions (as shown in **F**). A set of 15 in each direction will provide the shoulders and the thoracic spine a great mobility reset to get you started with your next desk session!



Three Way Hip Sliders

Three way hip sliders are great exercises to work on strength and stability the hip musculature as well as the quadriceps. Start by standing on a smooth surface with one foot on the ground and one foot resting on a towel (a socked foot or furniture sliders can also be used instead of a towel) **(Image A)**. Shift your weight so that most of your body weight is resting on the ground foot with minimal body weight resting on the towel foot. Slide the towel foot forward **(Image B)**, away from the body **(Image C)**, and across the body **(Image D)**. Make sure to always return to the starting position before moving to the next direction (e.g. A → B → A → C → A → D).

To make the exercise a little bit easier, feel free to ditch the towel and instead move the foot in the directions shown **(Image E-H)**. Make sure to still place most of your body weight over the stationary foot with little to no weight over the moving foot.

A compound set of eight repetitions per leg in each direction can serve as a great standalone stability / strength workout or as a great addition to your home exercise program.