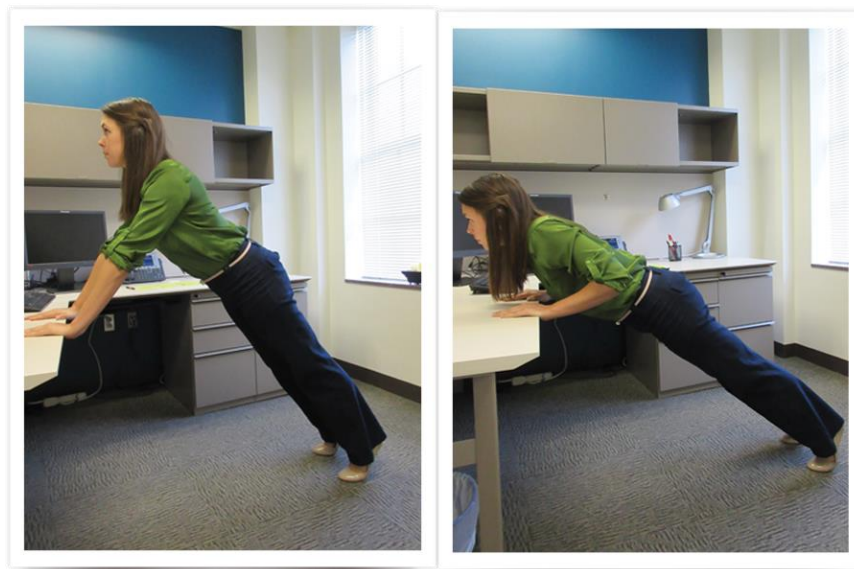


Week 2:

1. Wall Push-ups

- a. Stand facing a flat wall with your arms extended forward and your palms flat against the wall.
- b. Slowly bend your arms to a 90 degree angle to allow your body to fall forward towards the wall. Try to maintain a flat back. It is ok if your heels come off the ground a little.
- c. Slowly straighten your arms to return to start. That's one rep. Do 10-12
 - *The key is to keep your body in a flat ridged line.
 - *You can increase the intensity by changing the angle, and doing desk push-ups instead (see second picture)



2. Seated Calf Raise

- Sit upright in a chair with your feet flat on the floor and your hand on your lap.
- Press into the floor with your toes so that your heels raise up and your feet go into a pointed position. Tighten your calf muscle and hold for just a moment.
- Release the hold and lower your heel back to the ground. That's one rep, do 15.

*To increase the intensity, pile some weight on your lap (books), or do the move while standing up.



3. Standing Leg Lifts

- Stand up behind a chair with your hands on the back of it and feet shoulder width apart.
- Keeping your leg straight, slowly extend you left leg behind you. Go as far as you can while still keeping a straight posture. Squeeze your glutes as you extend the leg.
- Slowly return to start position. That's one rep, do 12 on each leg.



Tip of the Week! Skip the elevator as much as possible. Even if you only take the stairs on the way down, it is still some extra movement in your day. If possible, challenge yourself to use the stairs as much as you can this week.