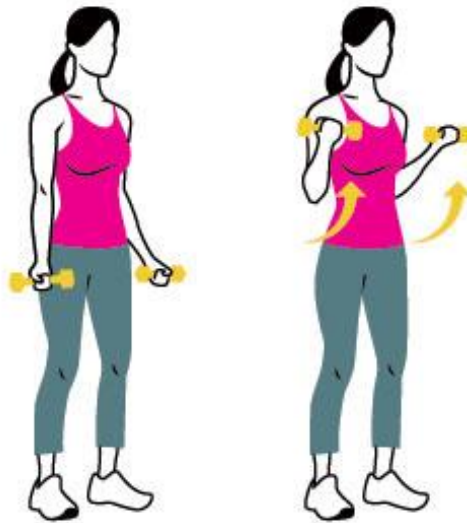


Week 3:

1. Bicep Curls

- a. Sitting upright in a chair, let your arms hang down at your sides with your palms facing forward.
- b. Slowly bend your arms at your elbows to bring your hands up to meet your shoulders.
- c. Pause for a moment at the top while squeezing your biceps, then slowly release and lower your arms back down to start. That's one rep. Complete a total of 12.

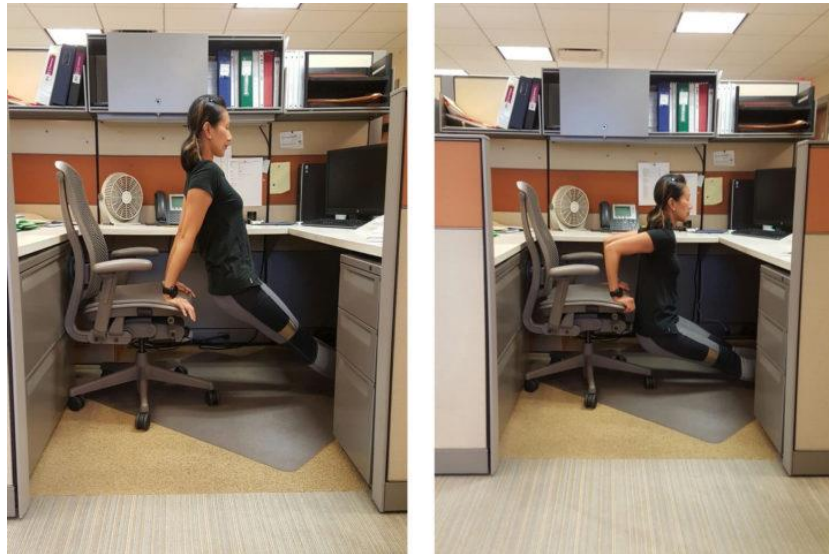
*To increase the intensity of the move, perform it from standing or add weights to your hands (water bottles, books, can of soup, etc).



2. Tricep Dips

- a. Stand with your back to your desk with your hands on the desk behind you, palms facing forward. Have your legs slightly bent at the knee (Use a sturdy/stationary desk or table to minimize the chance of it sliding).
- b. Slowly bend at the elbow, lowering your body down towards the floor. Your arms should be bending to a 90-degree angle, and the bend in your knees should increase to 90-degrees as well. If you can't go all the way, just go as far as you can without discomfort.
- c. Slowly raise yourself back to starting position. That's one rep. Complete 8-10.

*To increase the intensity, keep your legs straight out in front of you, or use a lower surface such as a chair seat.



3. Lateral Leg Lifts

- a. Stand up straight behind a chair or desk, placing your hand on the back of the chair or the desk for support.
- b. Slowly raise your right leg up and out to the side while keeping it straight. Raise the leg as high as you can while maintaining a straight posture, and not bending at the hip.

- c. Slowly lower the leg back down to start. That's one rep. Complete 10 and then switch sides.

*To increase the intensity, try doing the move without holding the desk or chair.



4. Single Leg Balancing

- a. Stand up tall with your hand on your hips, feet shoulder width apart.
- b. Slowly raise your right leg up so your knee is level with you hip (it's ok if you can't bring it up all the way! Go to where you are comfortable).

- c. Hold the leg here and try to balance for 30 seconds. Then lower the leg and switch sides.

*To help with balance, try to focus on a stationary spot on the floor.

*If you want to make the move harder, try closing your eyes.



Tip of the Week! Get up and go! Take a break completely away from your desk this week and go for a walk. It could be on your lunch break or a time during the day that you feel the need to step away from your work duties. If it's nice, take a walk around campus, or you could walk around the floors in different buildings. Whatever works best for you! Taking a walking break will not only help your physical health, but your mental health as well, helping you to come back with a clear mind and a better sense of focus.