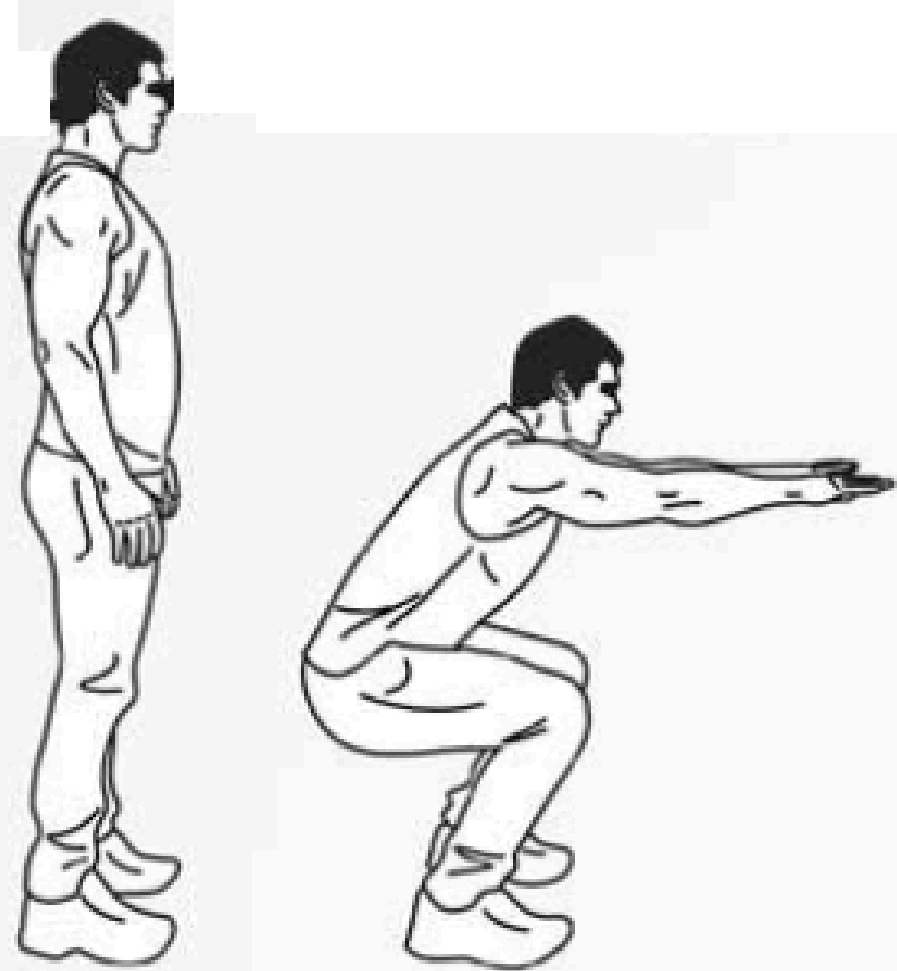


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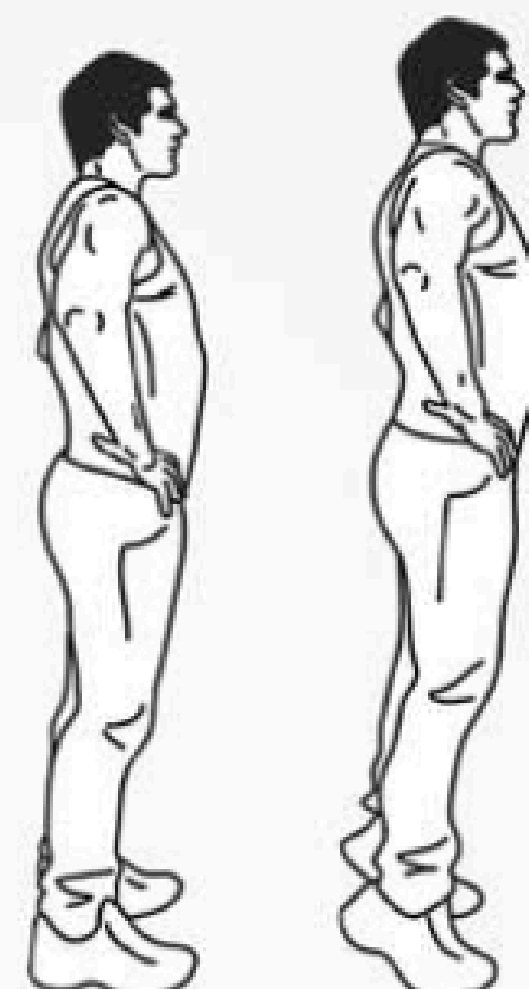




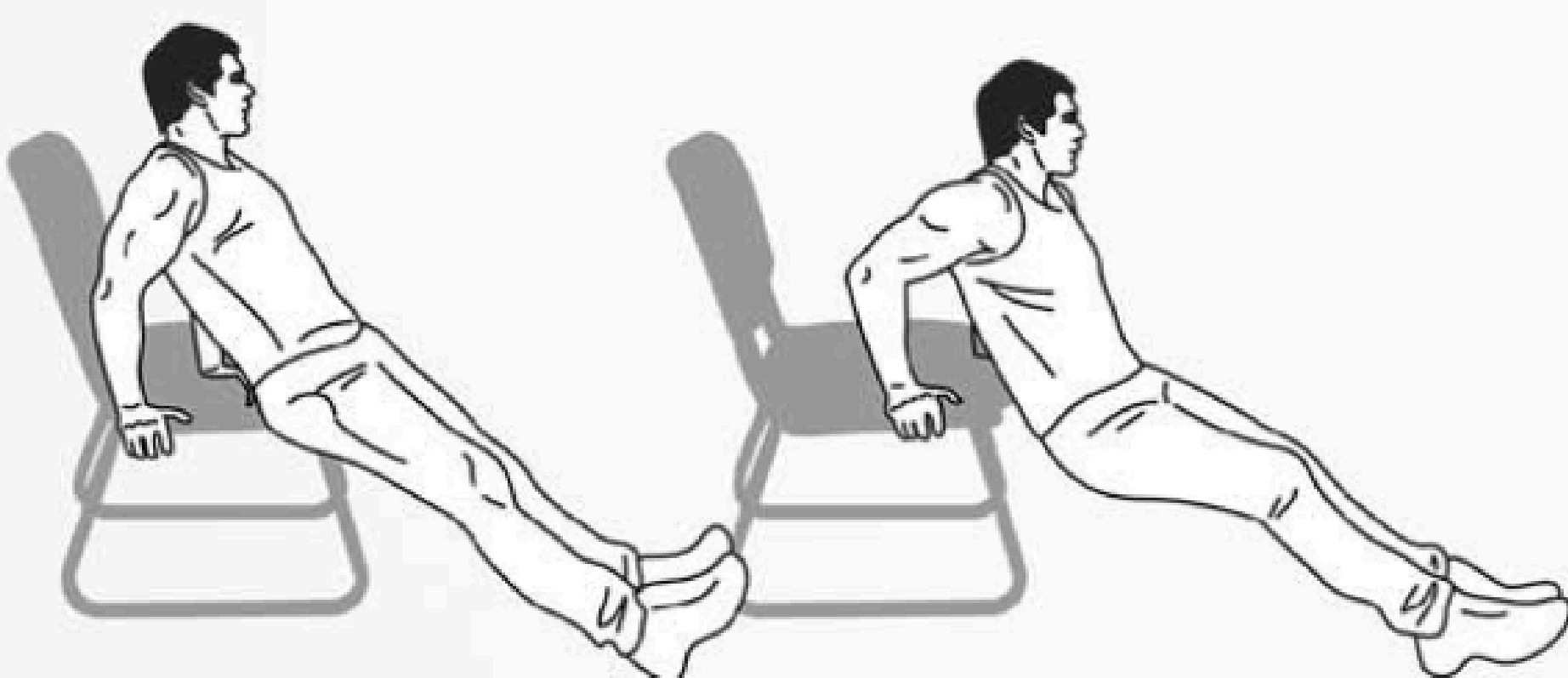
20 squats



20 reverse lunges



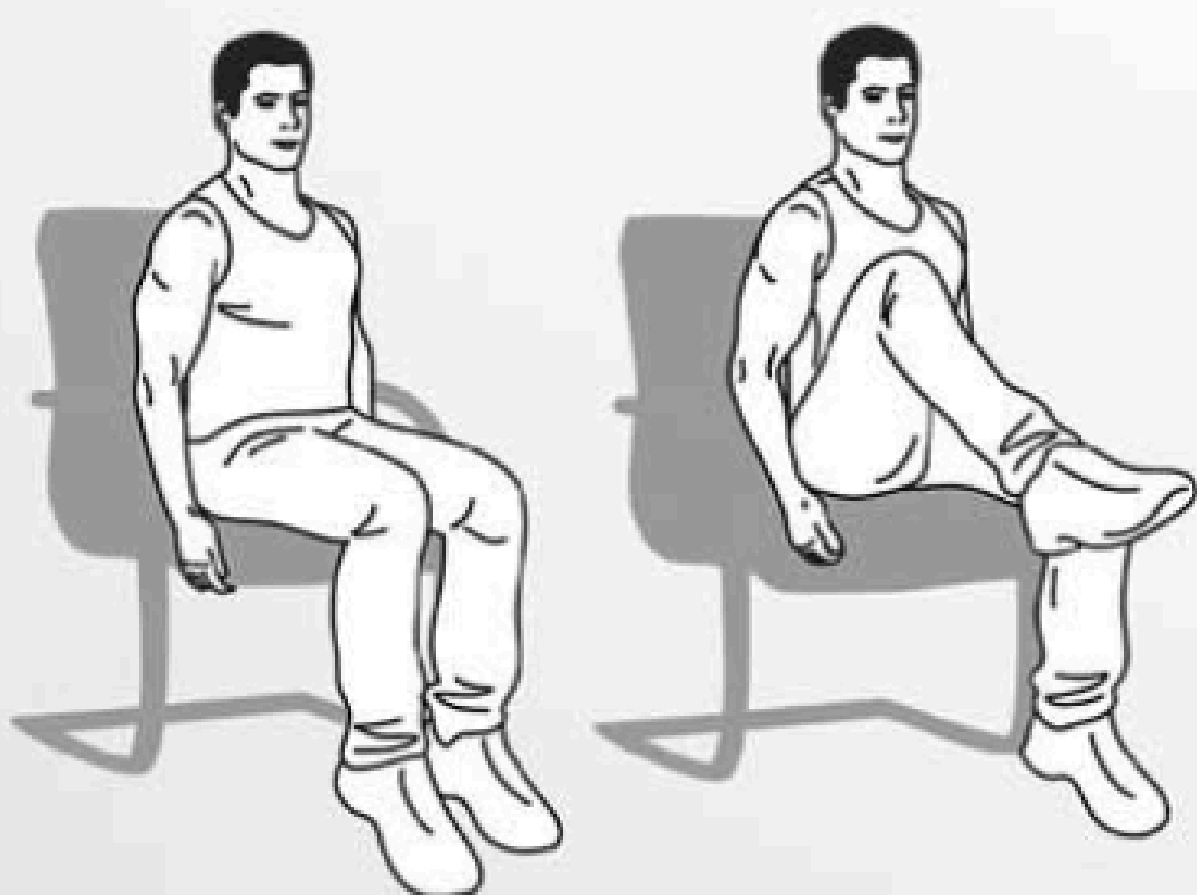
20 calf raises



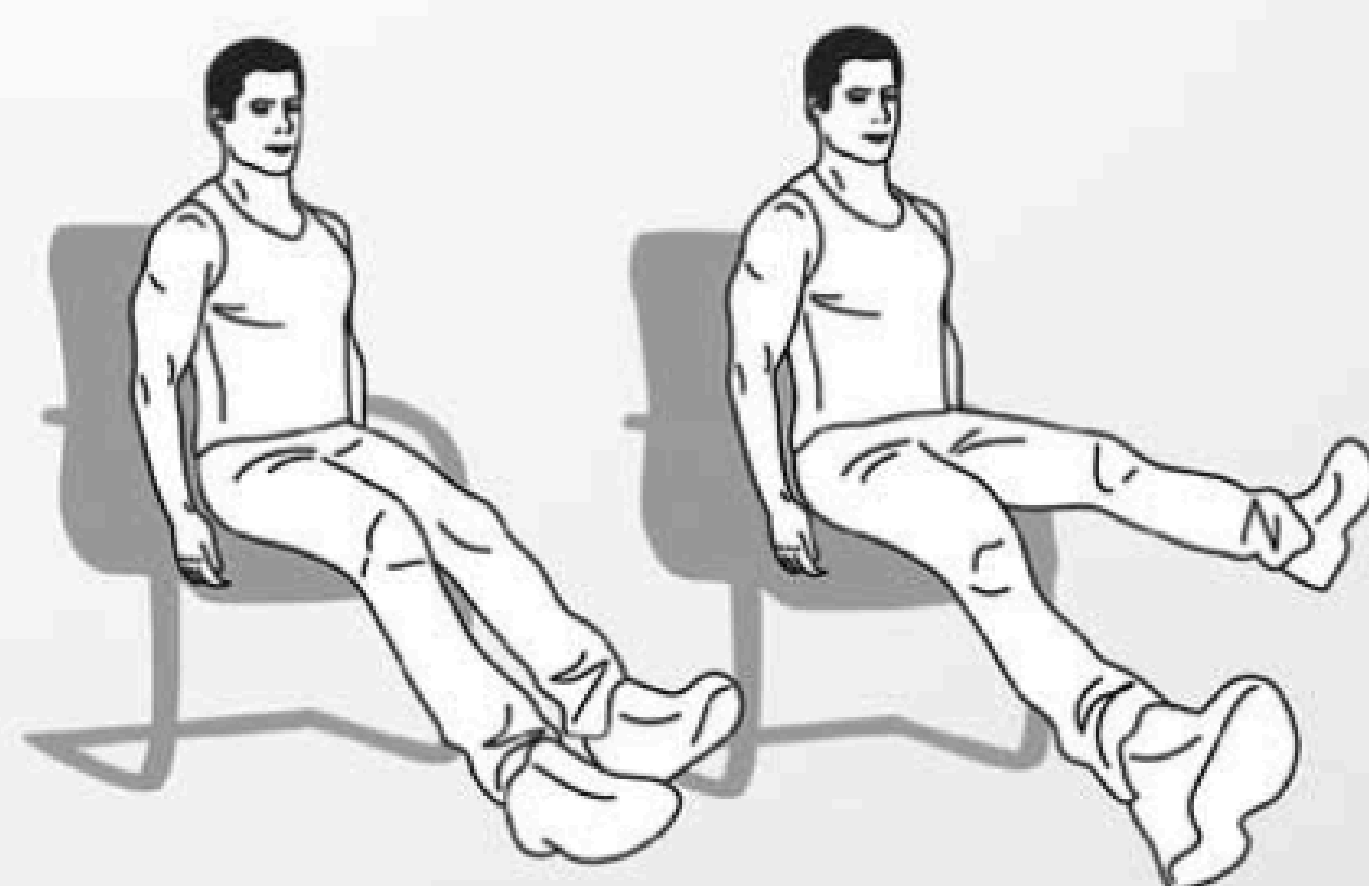
20 tricep dips



20sec tricep dip hold

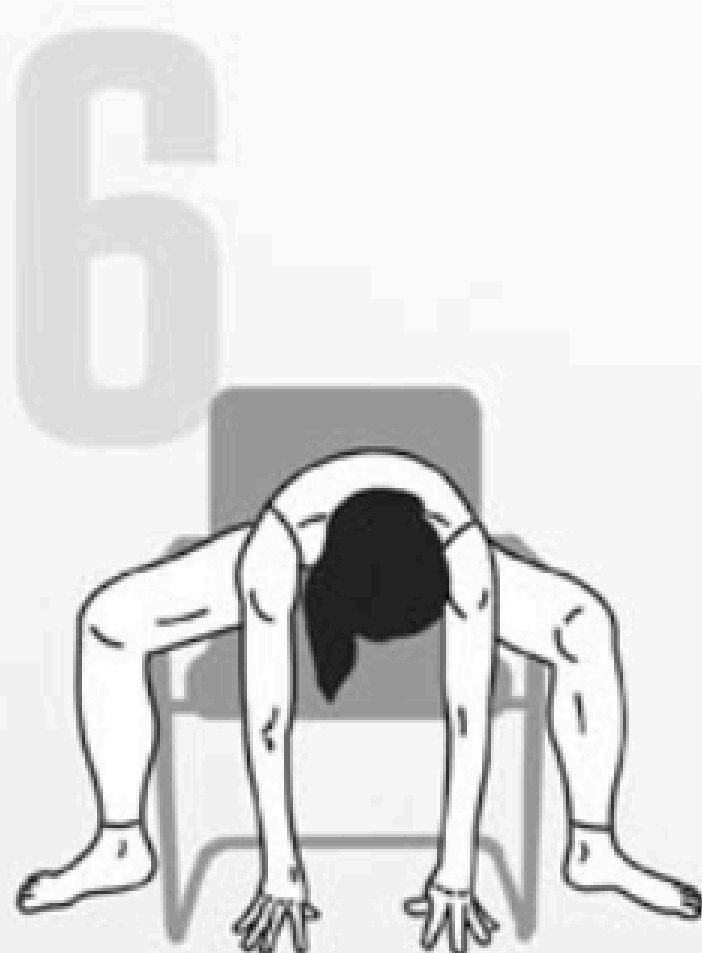


20 knee-in crunches



20 leg extensions

office



backfix

1



2



3



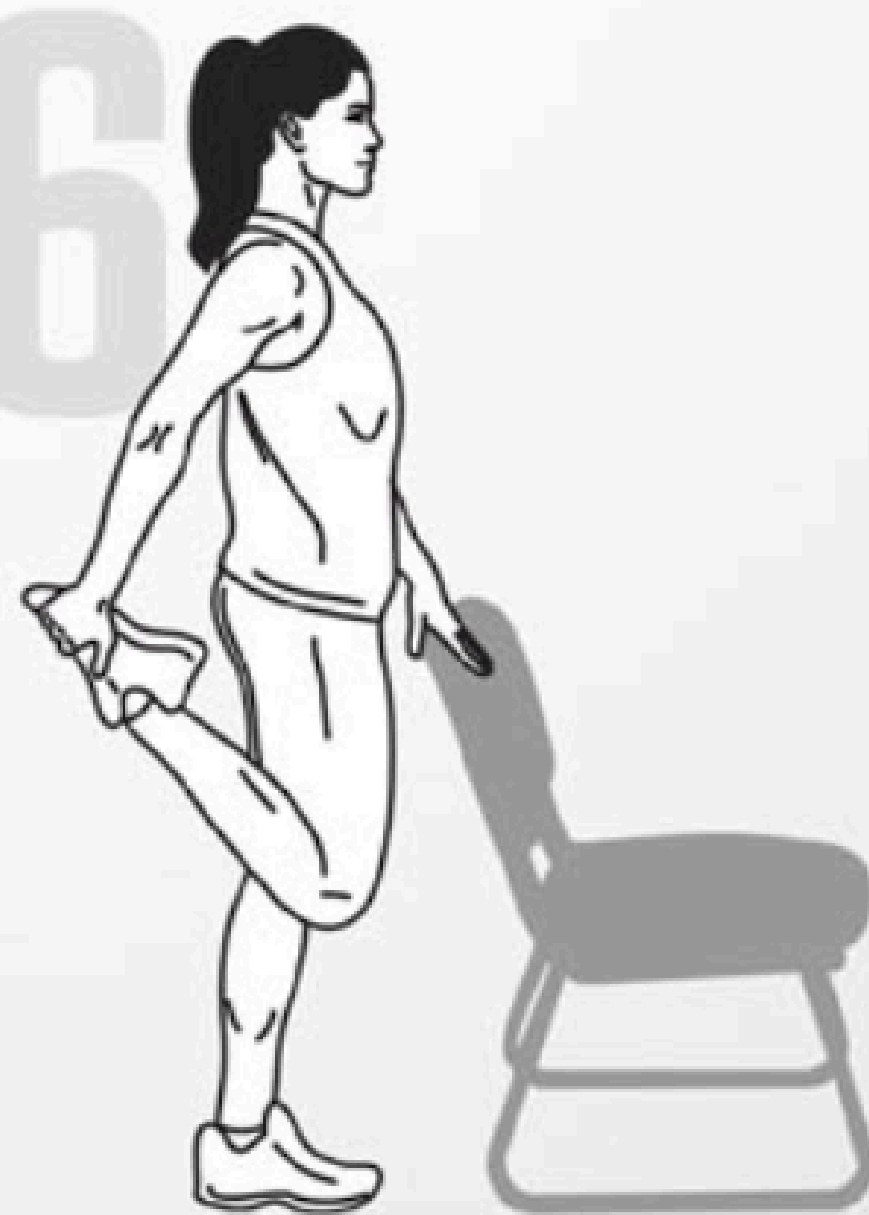
4



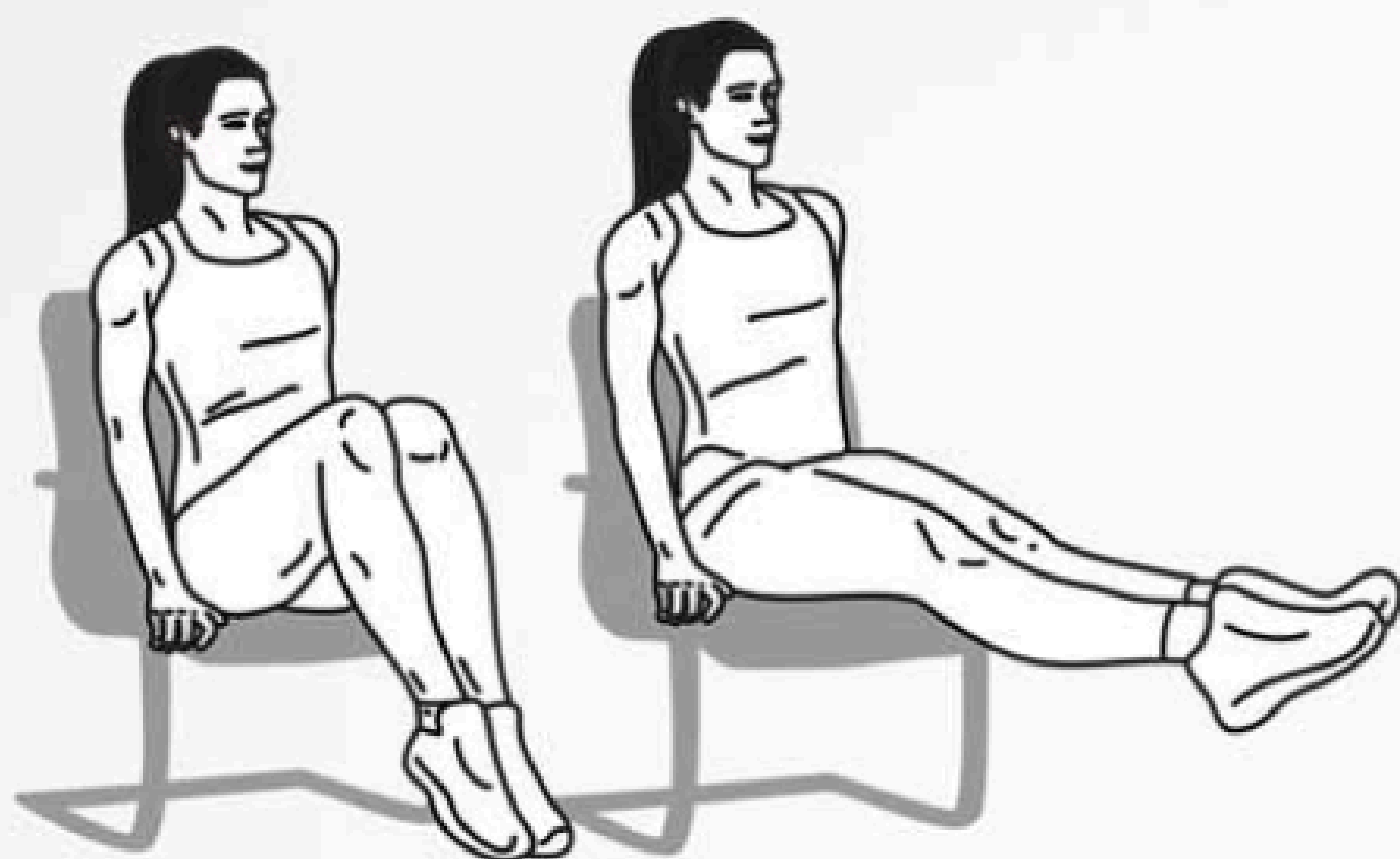
5



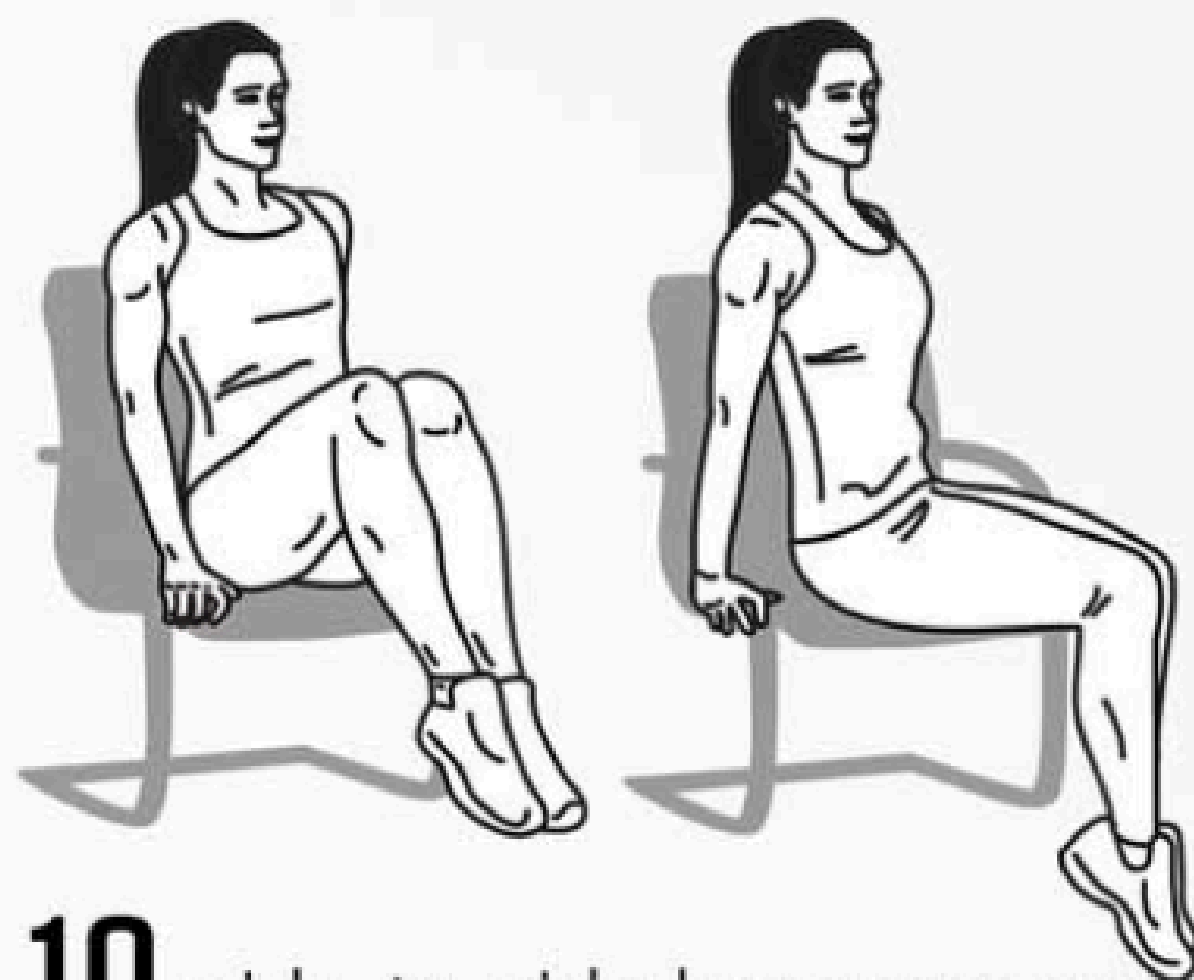
6



origami



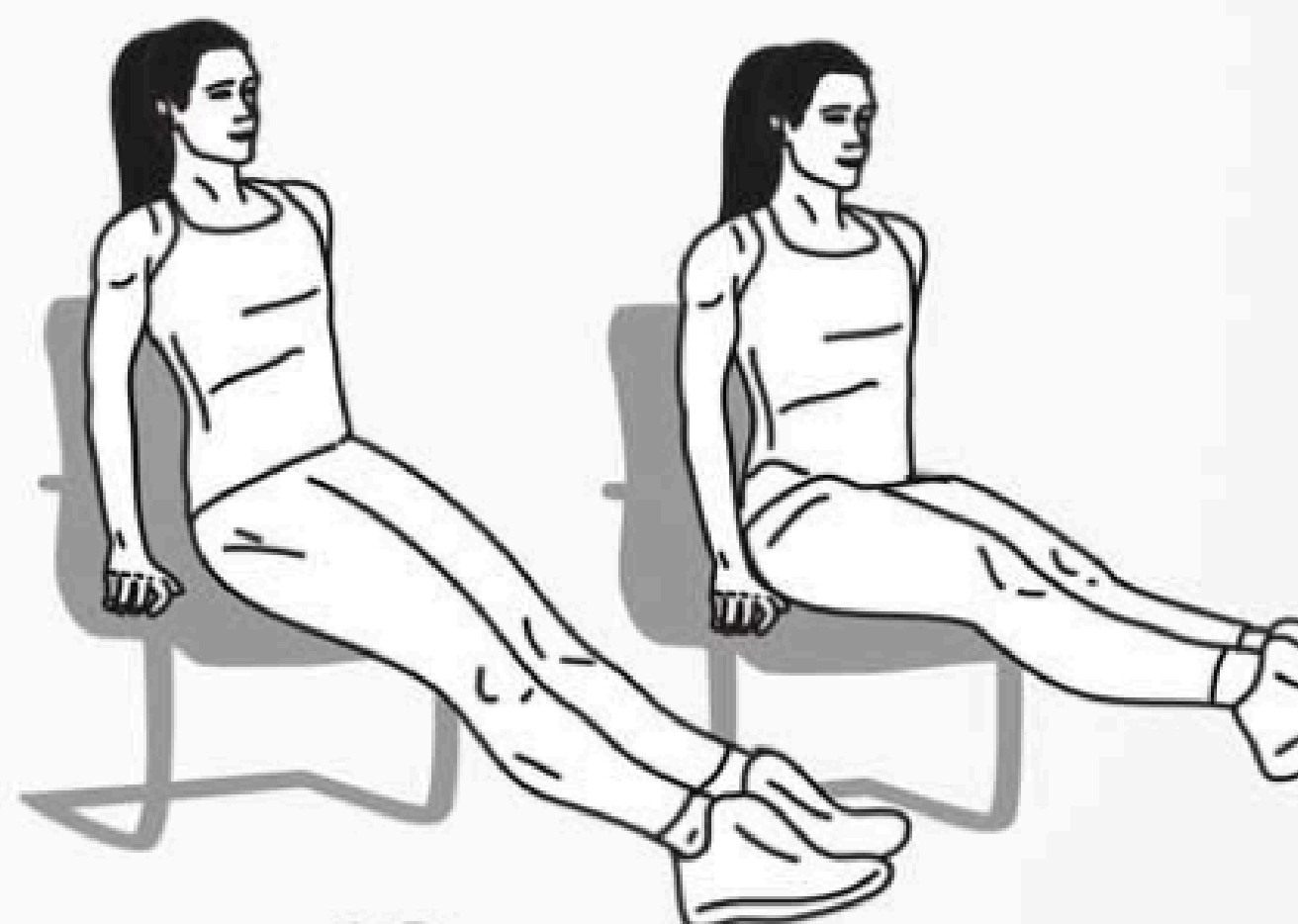
10 crunch kicks



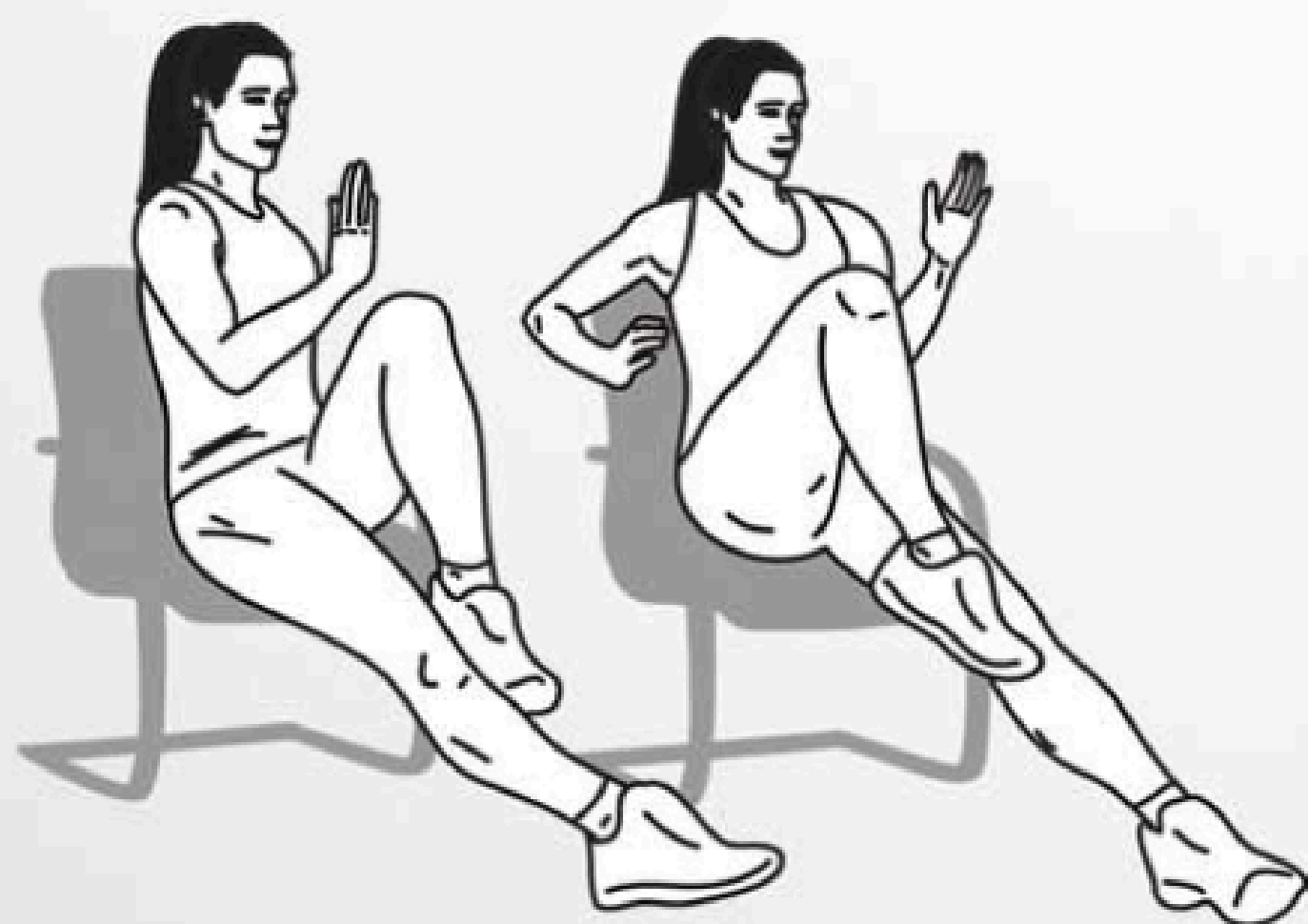
10 side-to-side knee sweeps



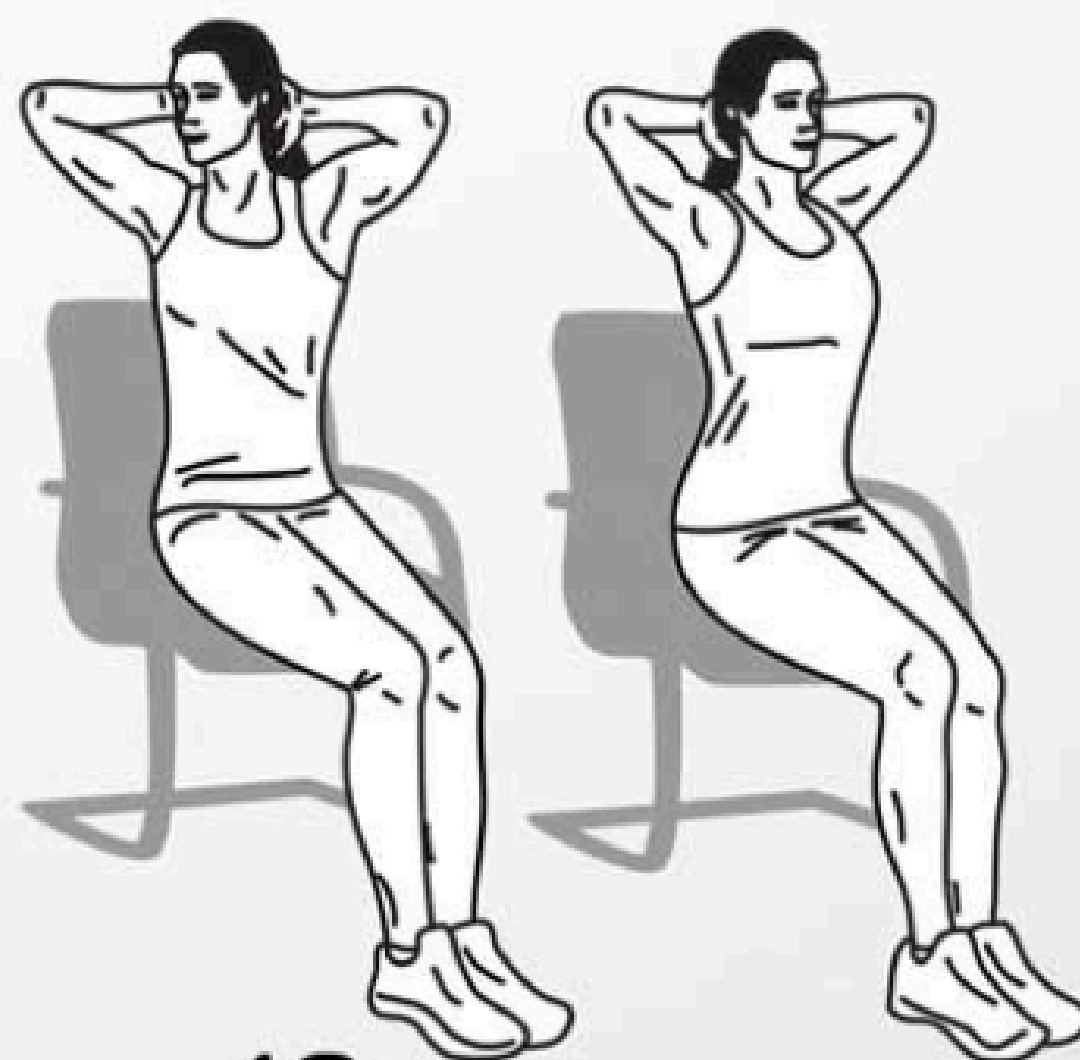
10 knee-to-elbows



10 leg raises



10 cycling crunches



10 sitting twists

chair abs



Draw a square
with the extended finger
of one hand.



Now draw a circle
with the other.



Now do both.



Sitting down raise
dominant knee up
& down.



Kick the other leg
back & forth.



Now do both.

binary

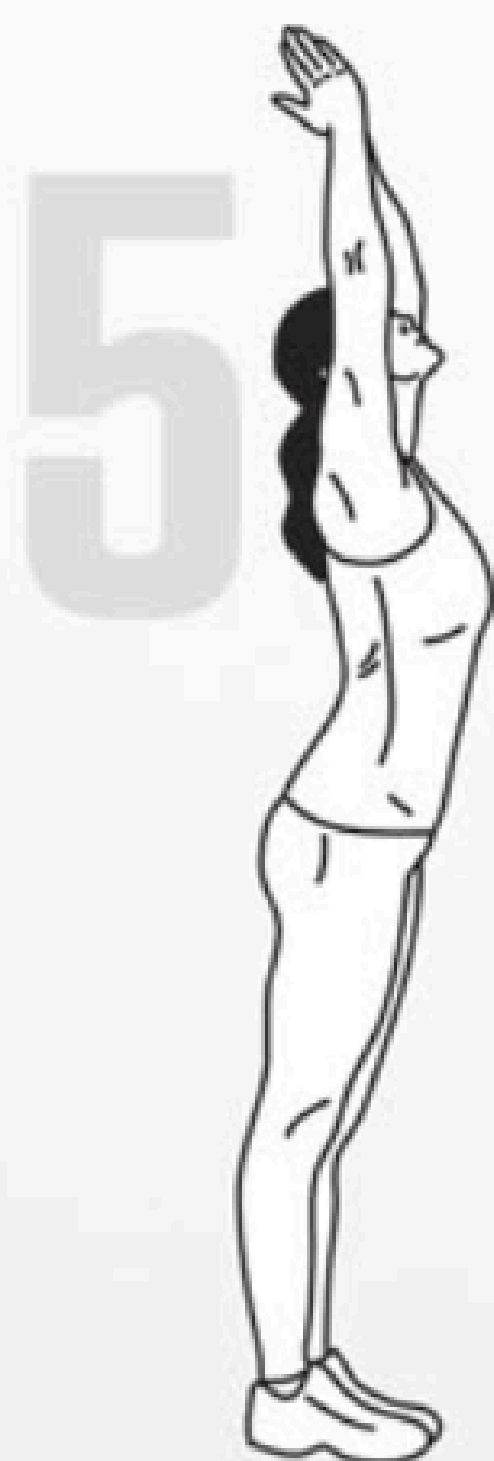
workout



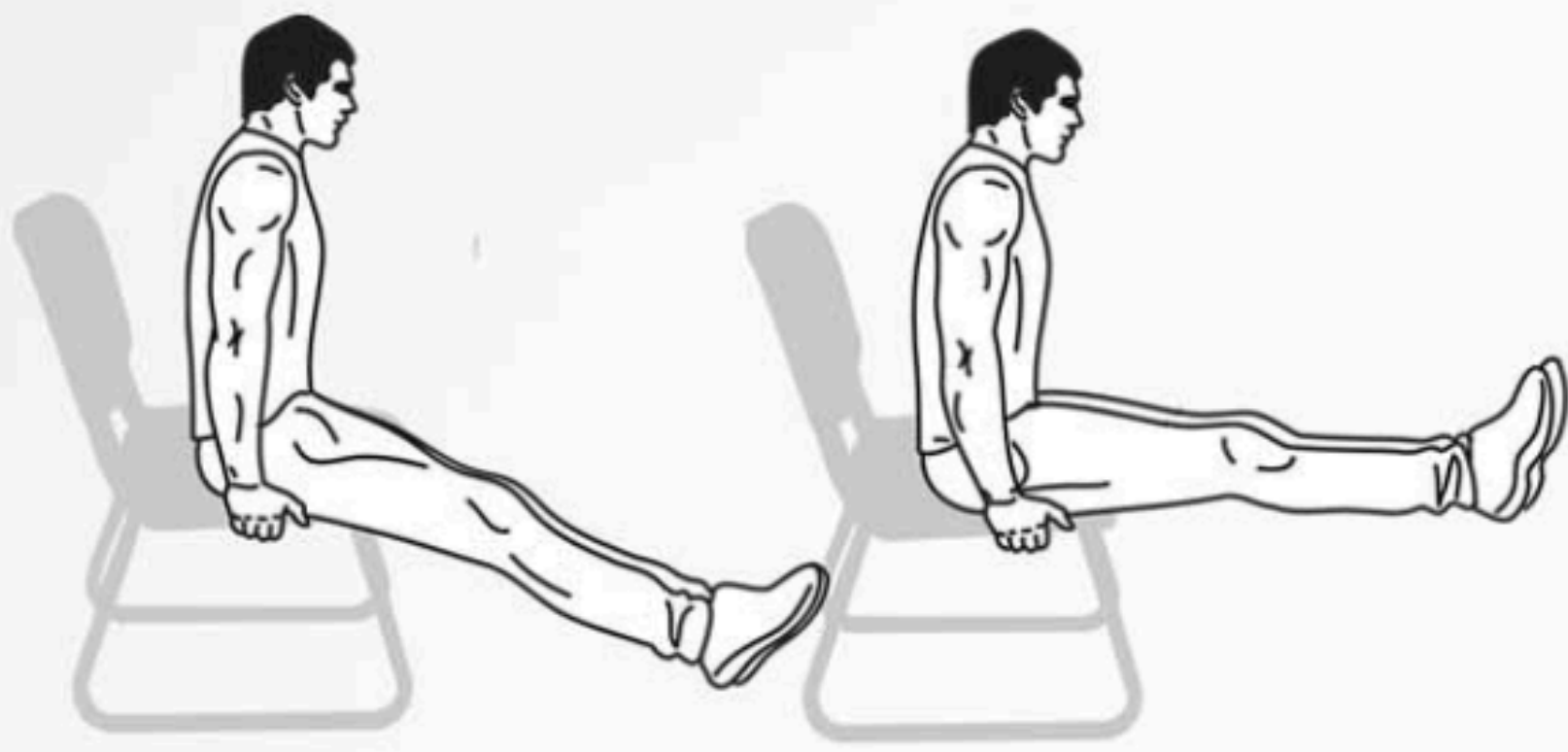
office WARRIOR



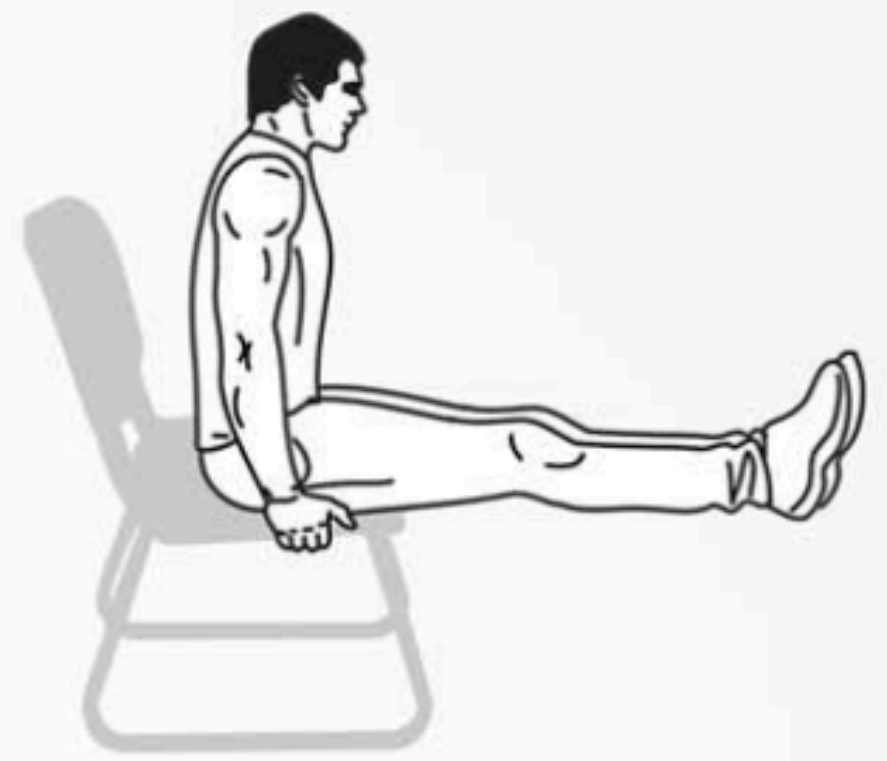
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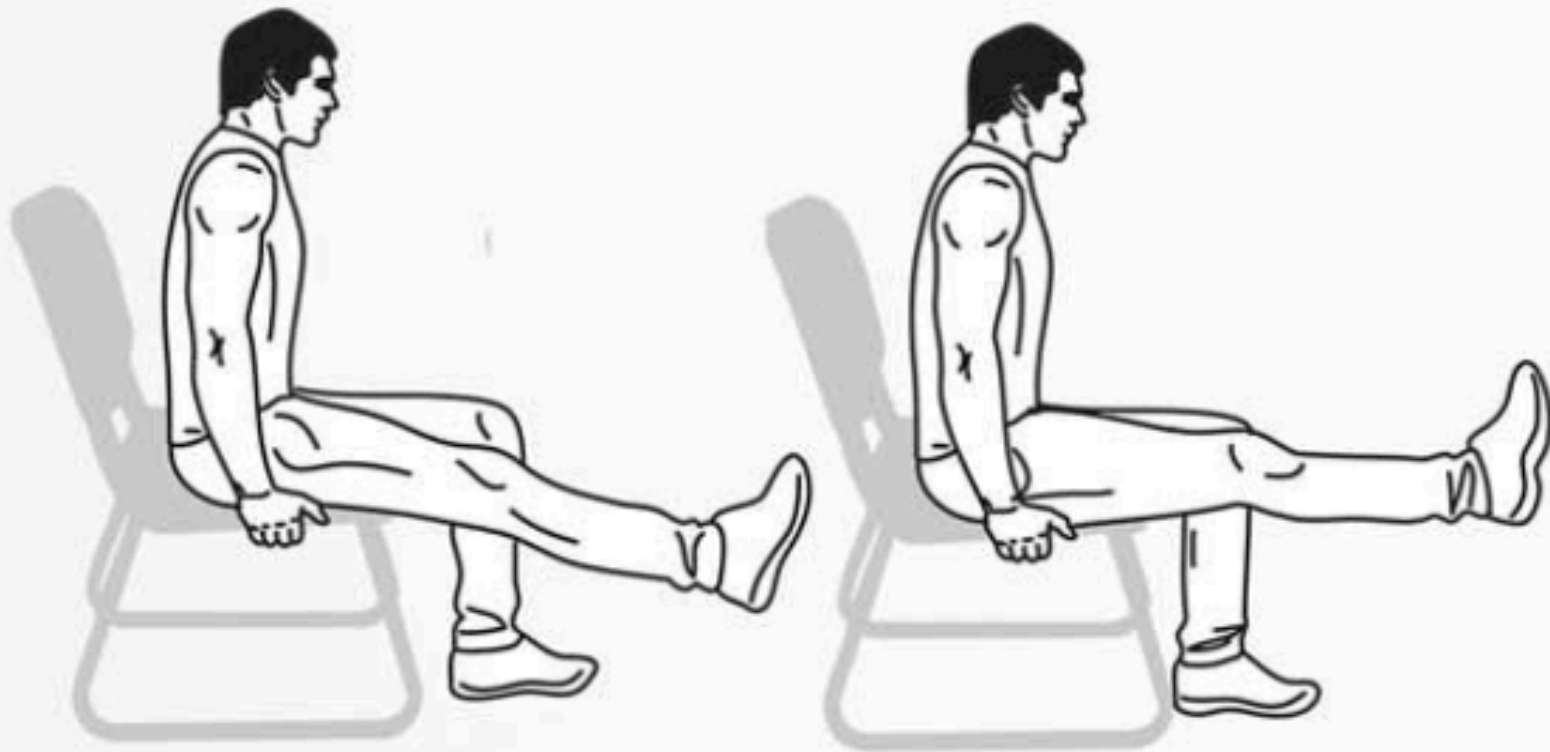
office



20 leg raises



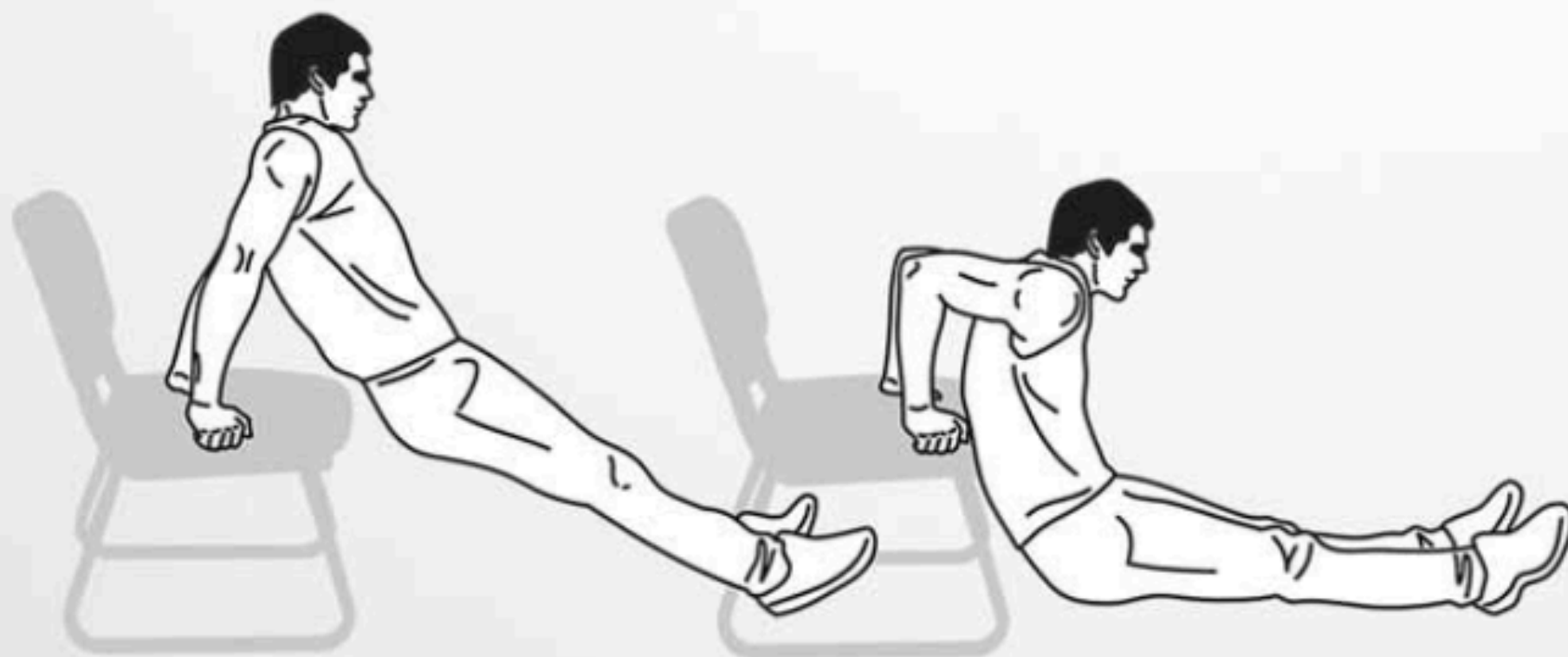
20-count raised leg hold



40 leg swings



20-count knee raise hold

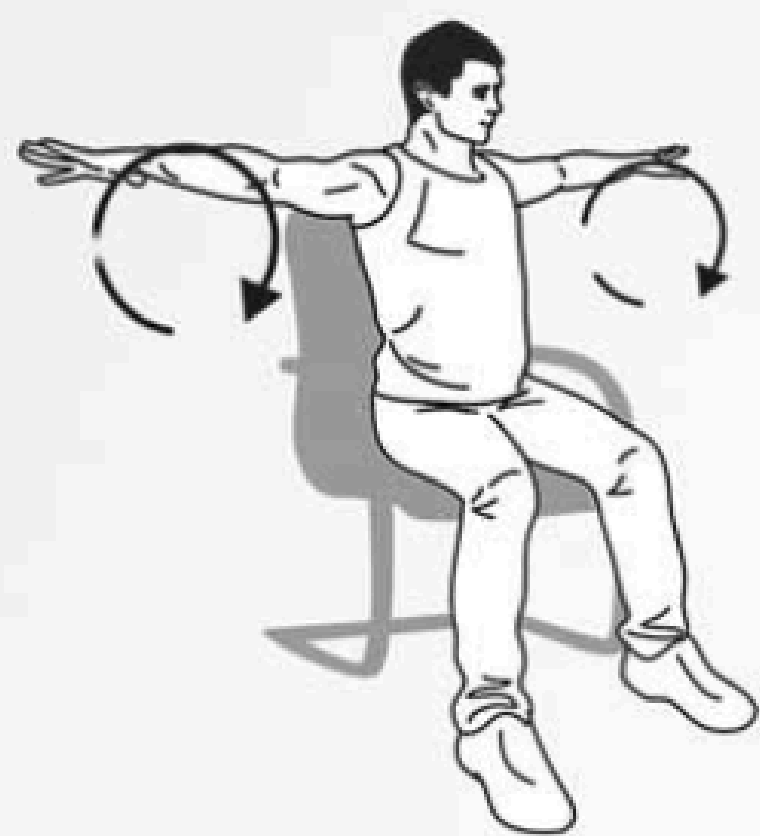


20 tricep dips



20-count tricep dip hold

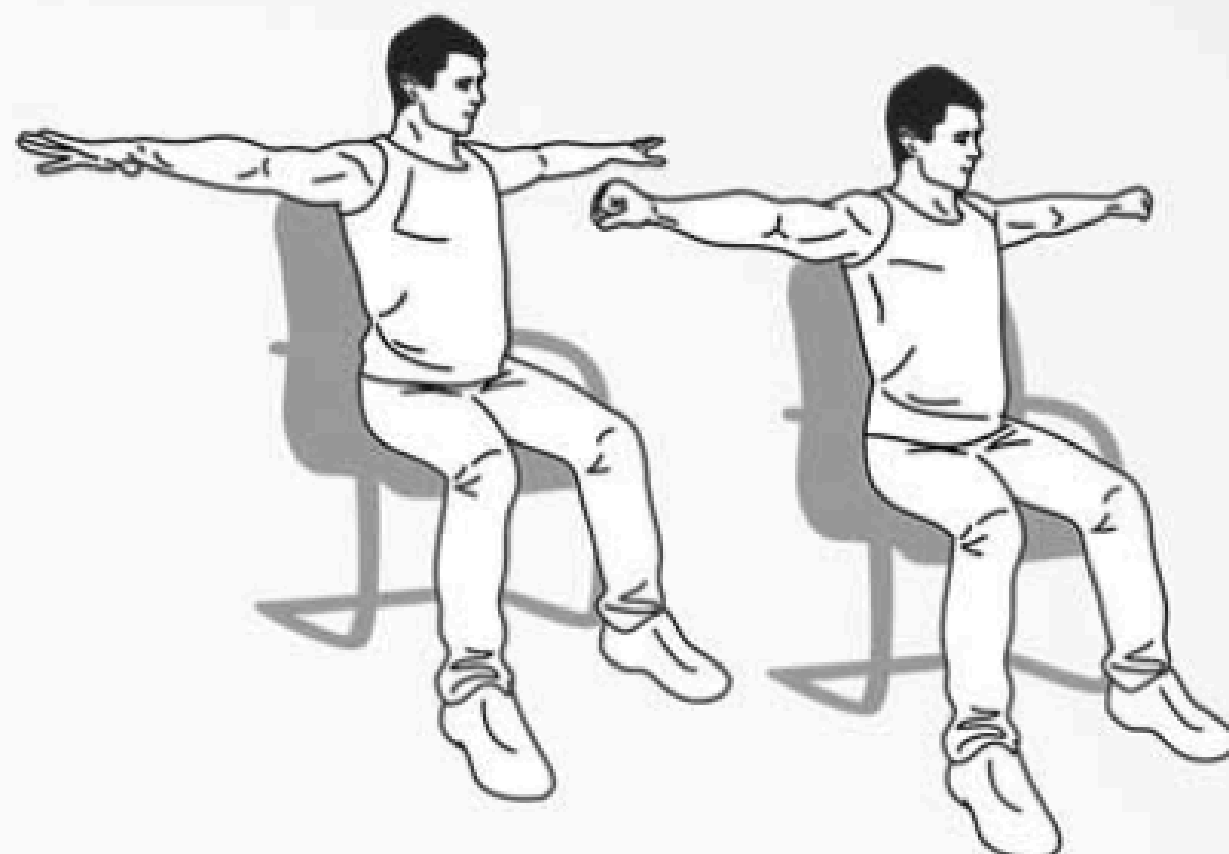
office



20 side circles



10-count hold



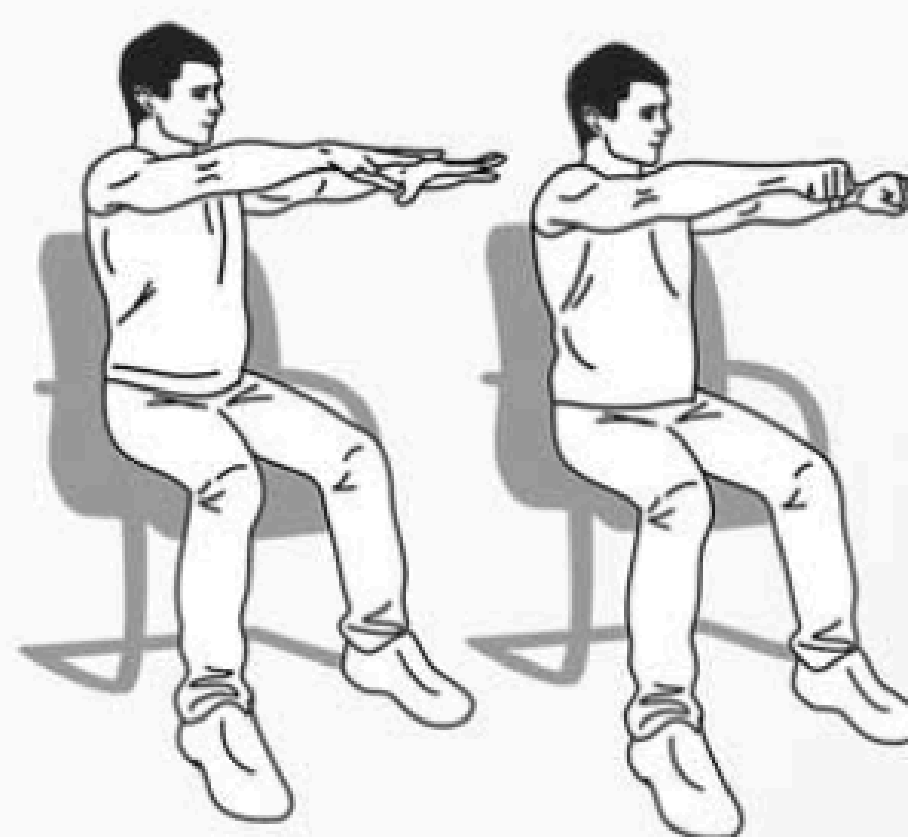
20 side clenches



20 forward circles



10-count hold



20 forward clenches



20 overhead circles



10-count hold

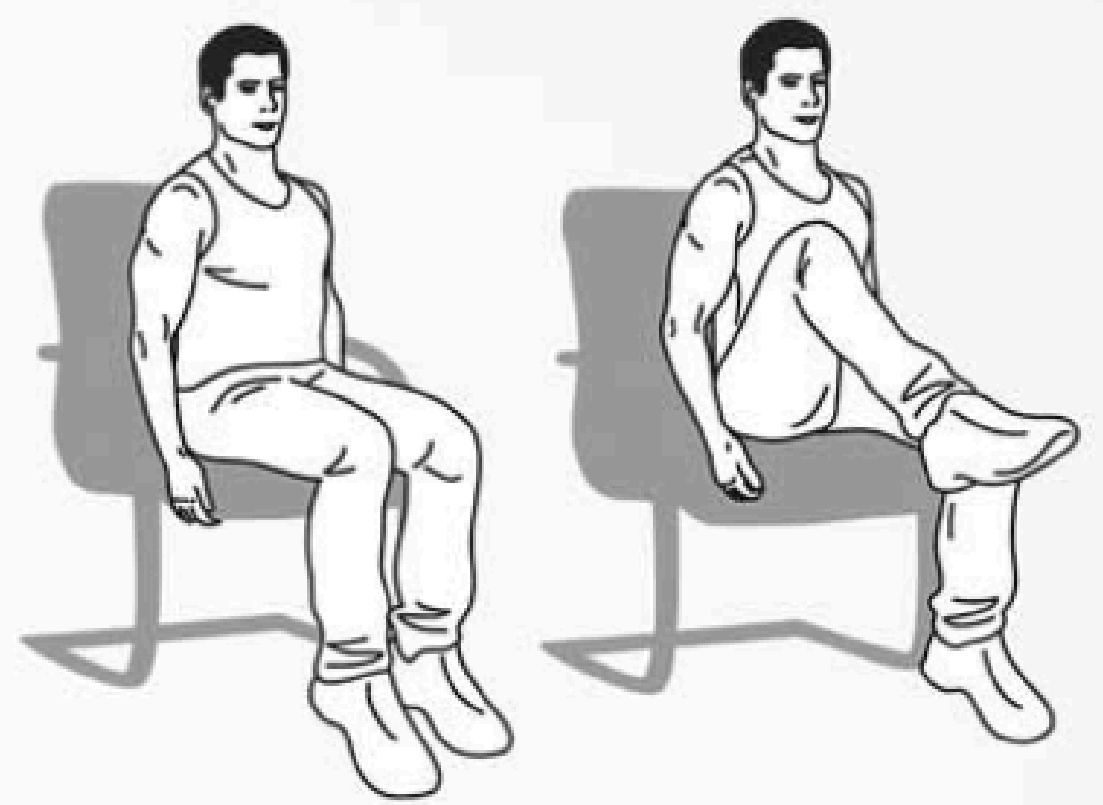


20 overhead clenches

rainmaker



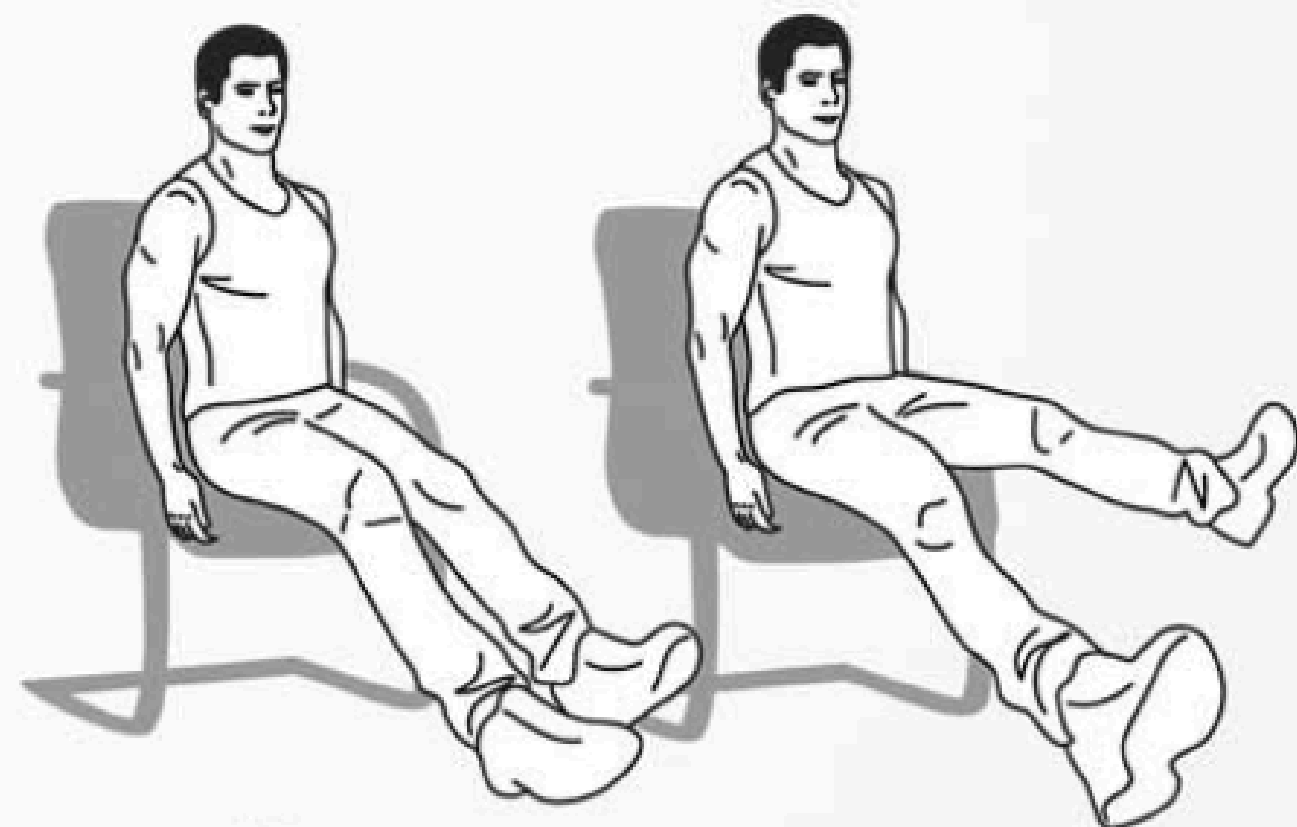
20 cycling



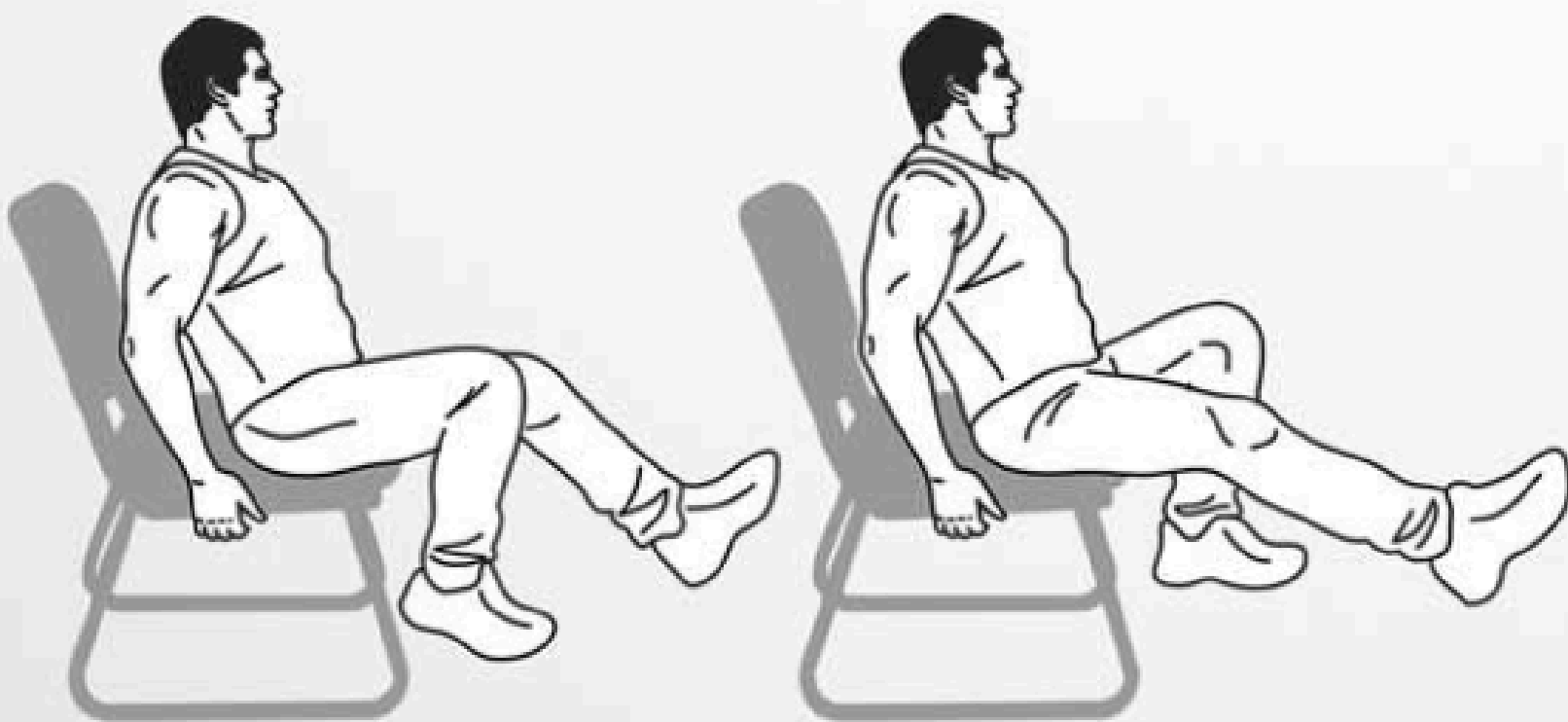
10 knee-ins



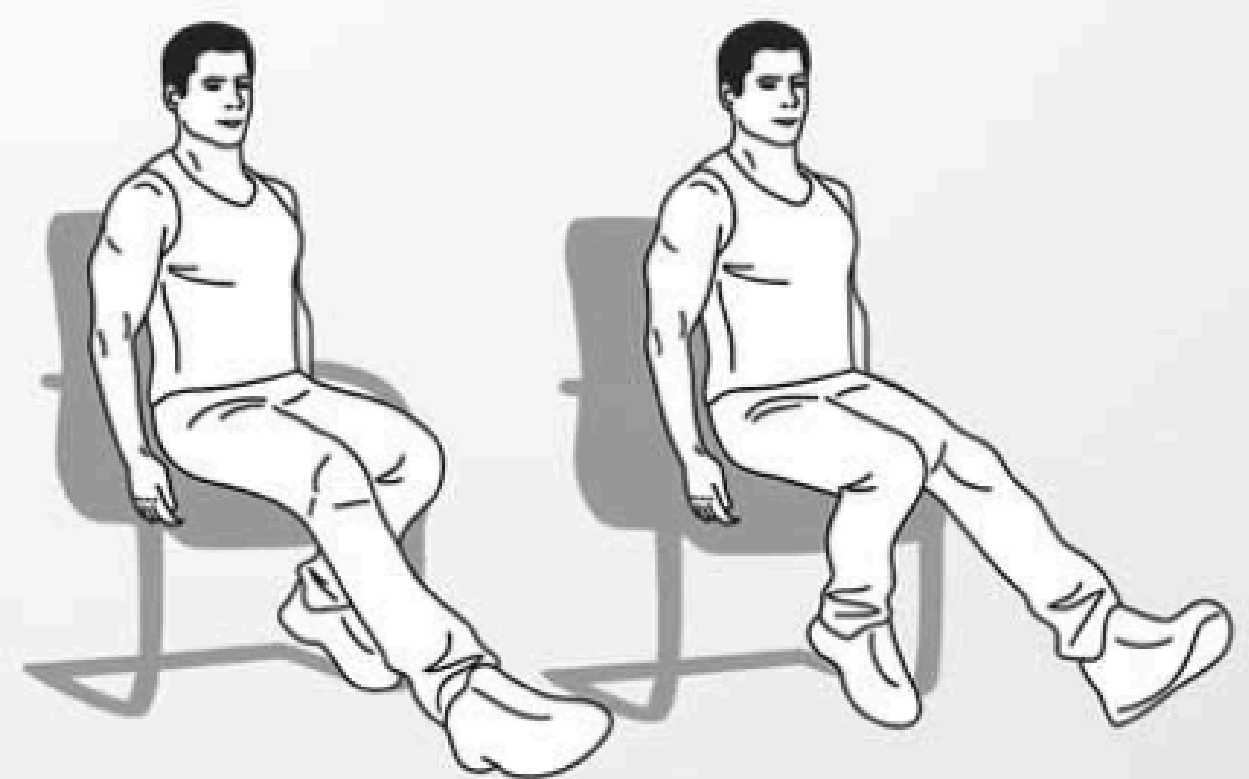
20 cycling



10 leg extensions

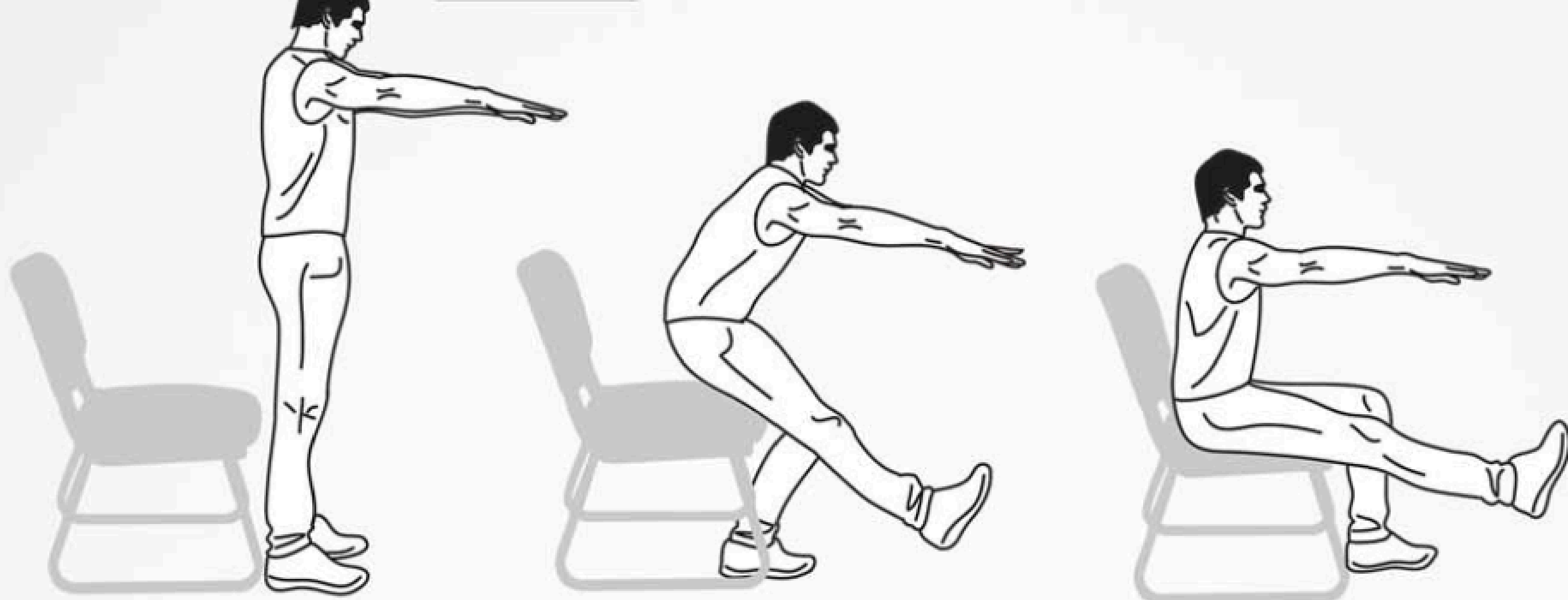


20 cycling

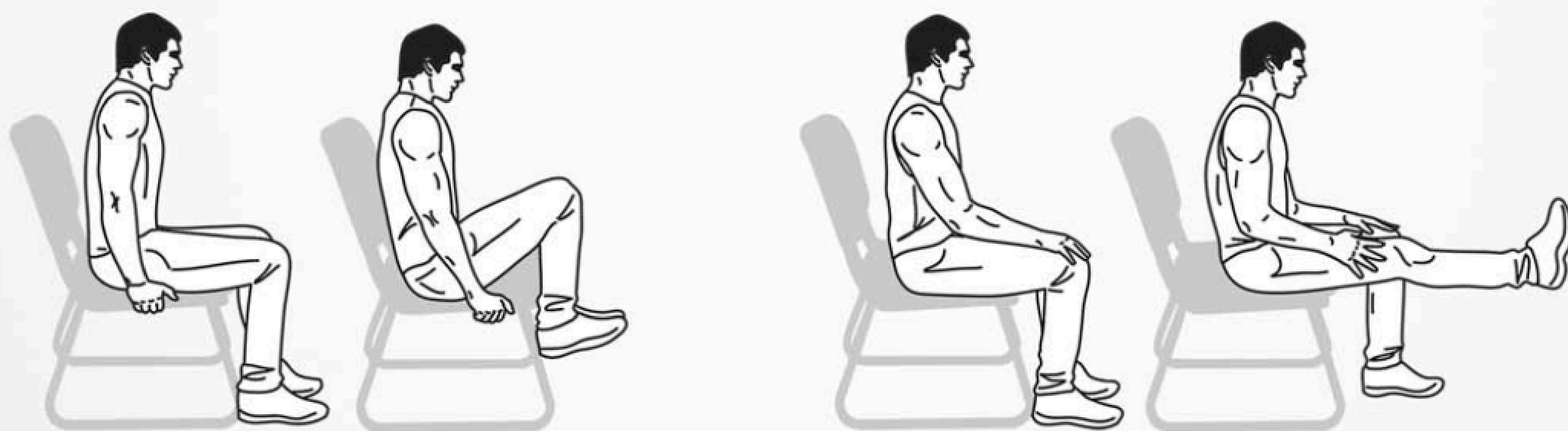


10 slow kicks

chair **cycle**

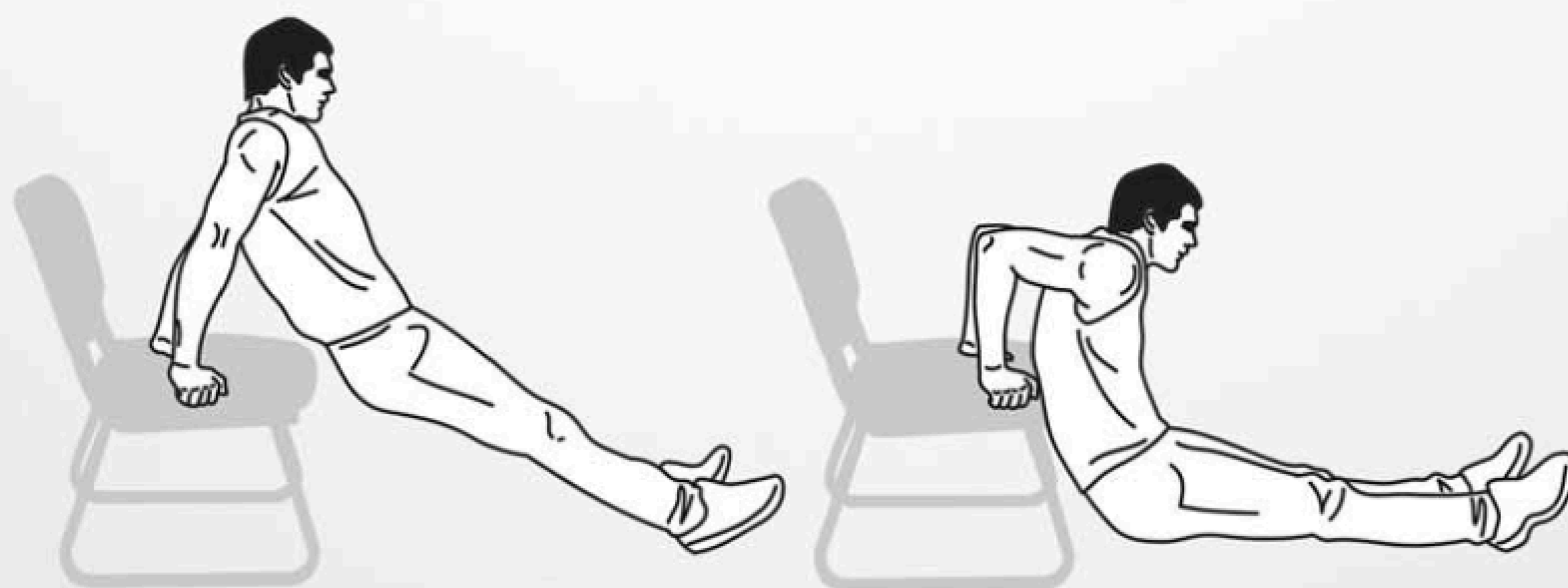


20 chair pistol squats



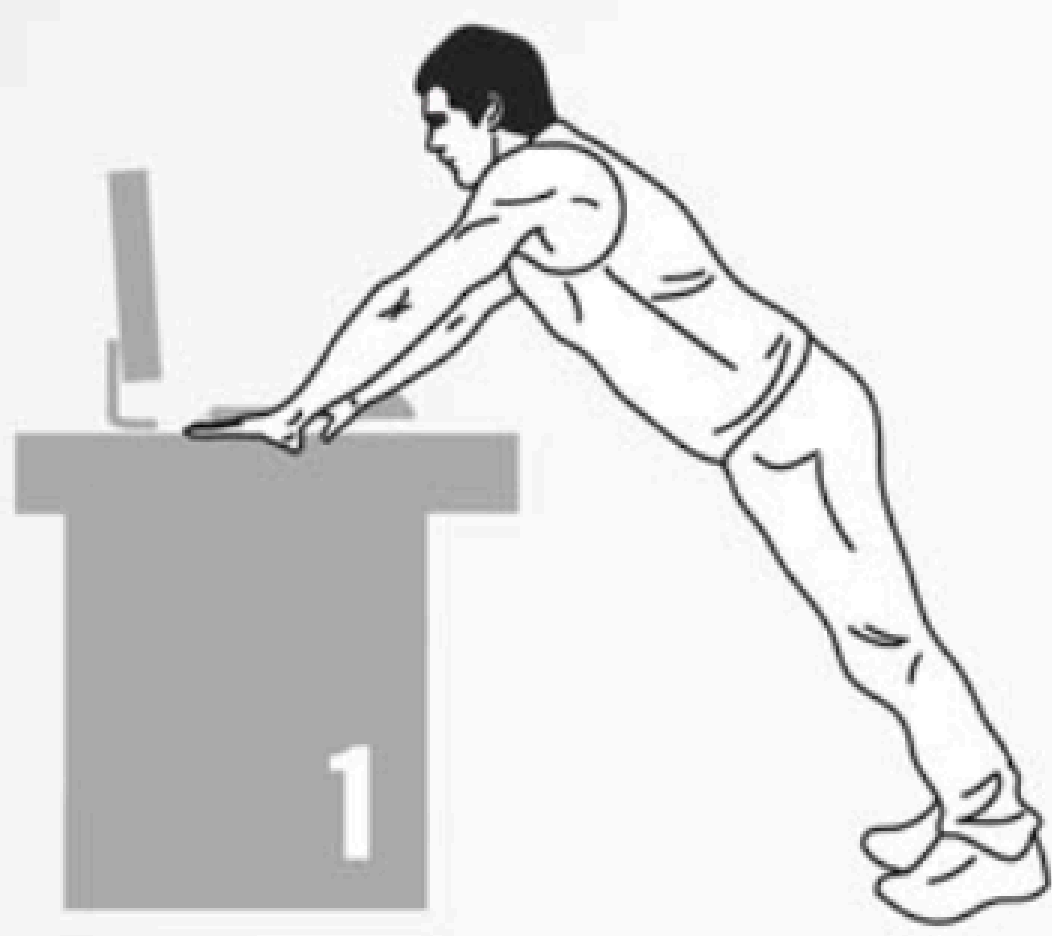
20 knee crunches

20 leg extensions

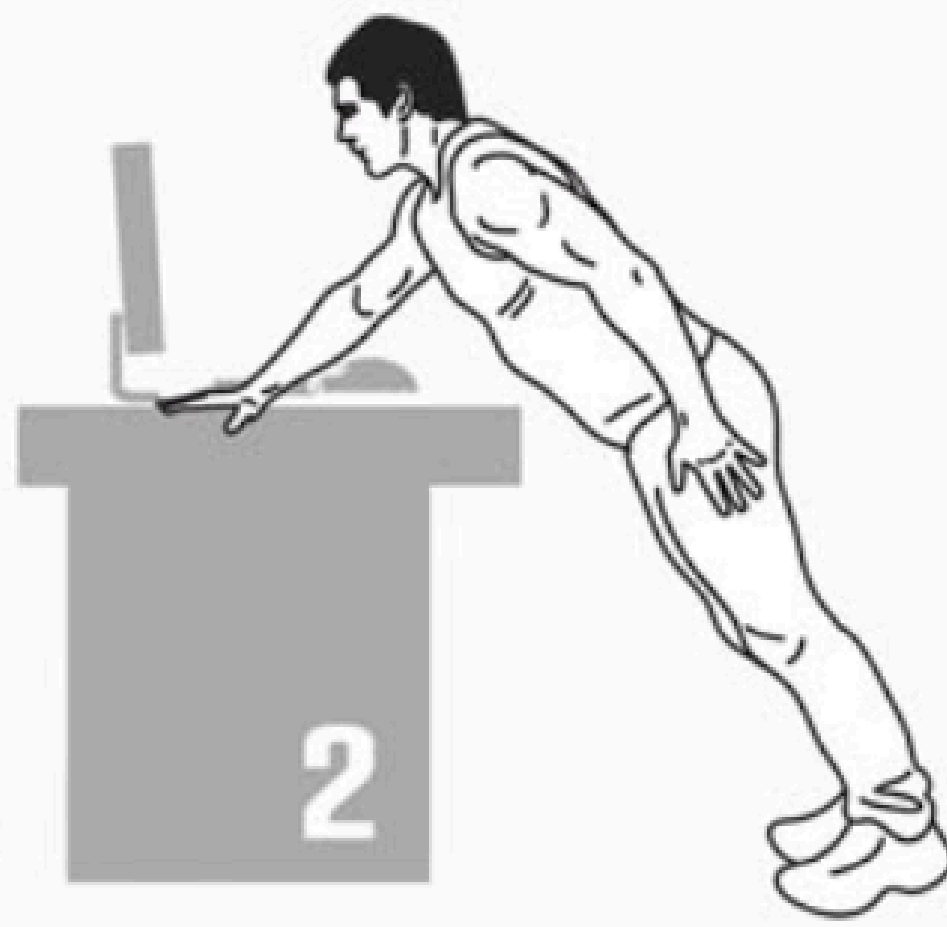


20 chair tricep dips

DOCKED



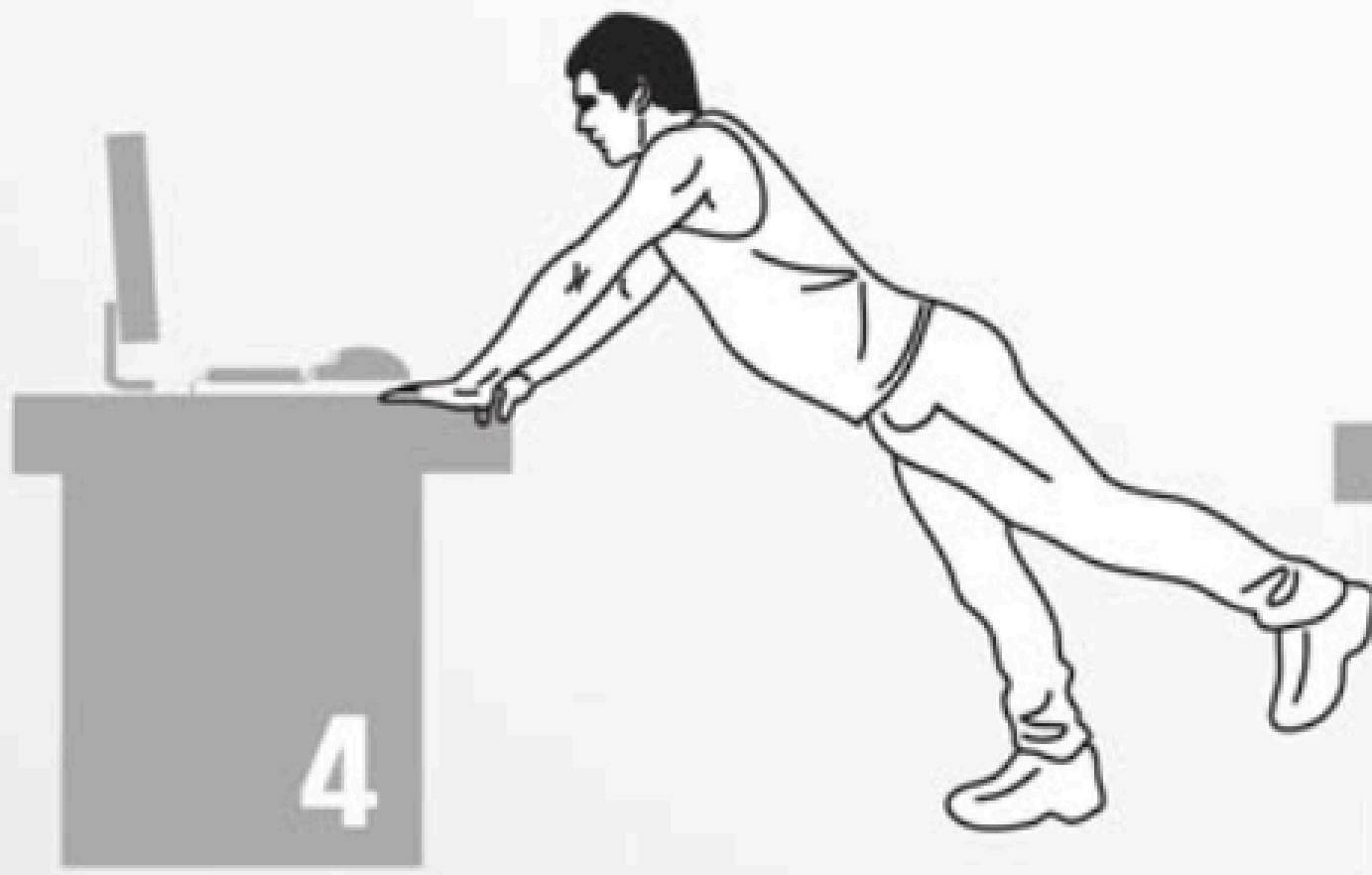
30 seconds
table plank



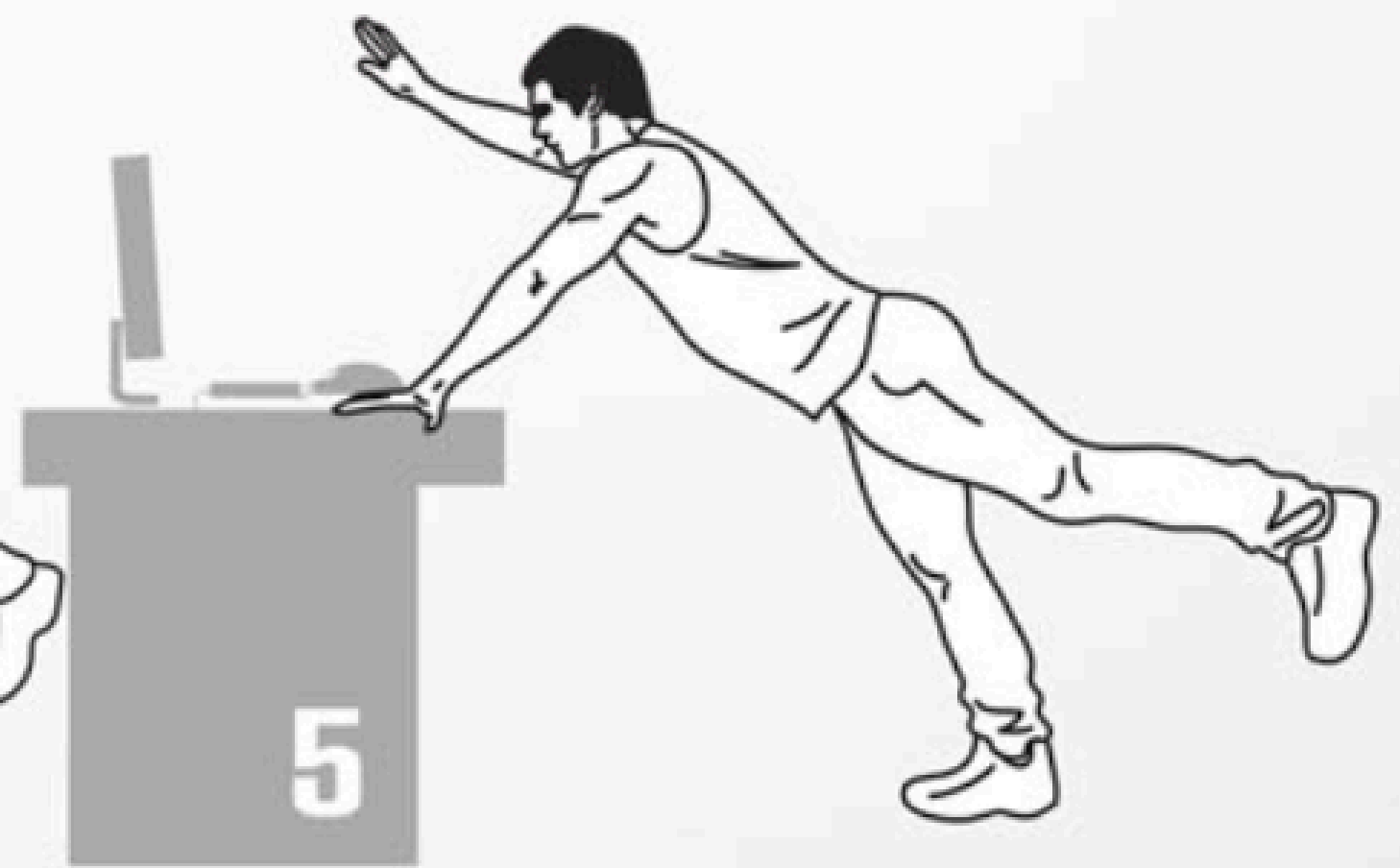
60 seconds
one arm table plank



60 seconds
side table plank



60 seconds
raised leg table plank



60 seconds
alternative arm and leg raise table plank

abs & core

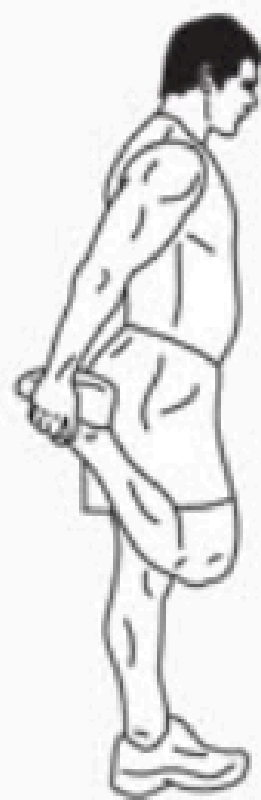


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1



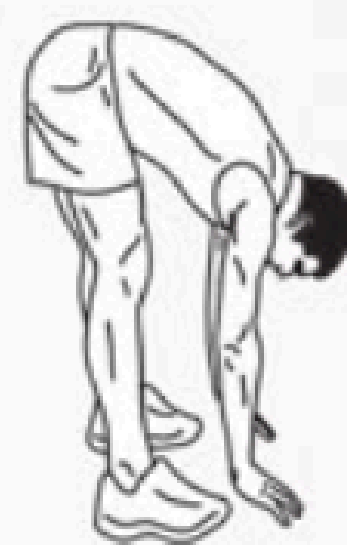
2



3



4



5



6



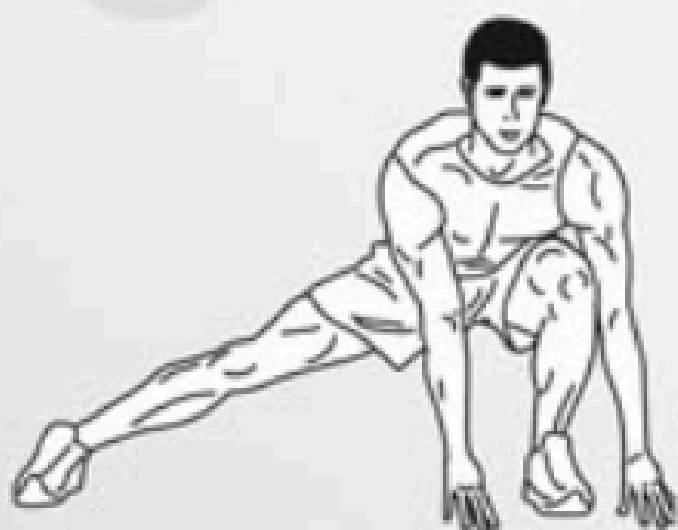
7



8



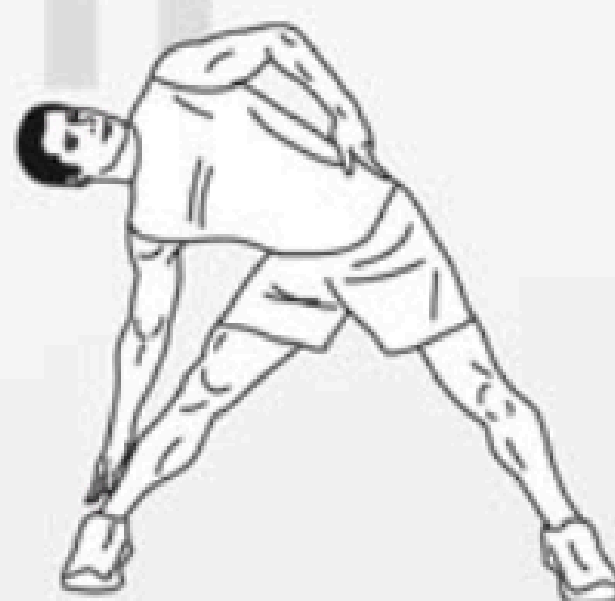
9



10



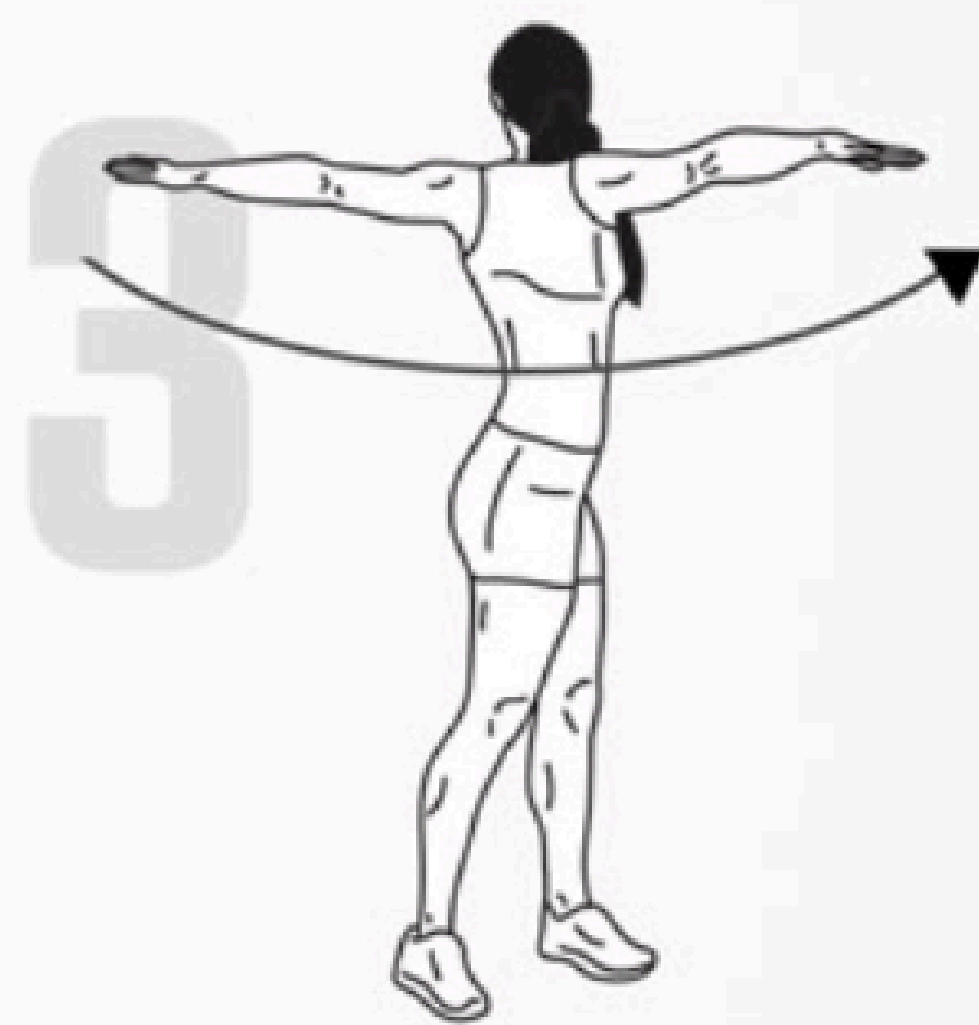
11



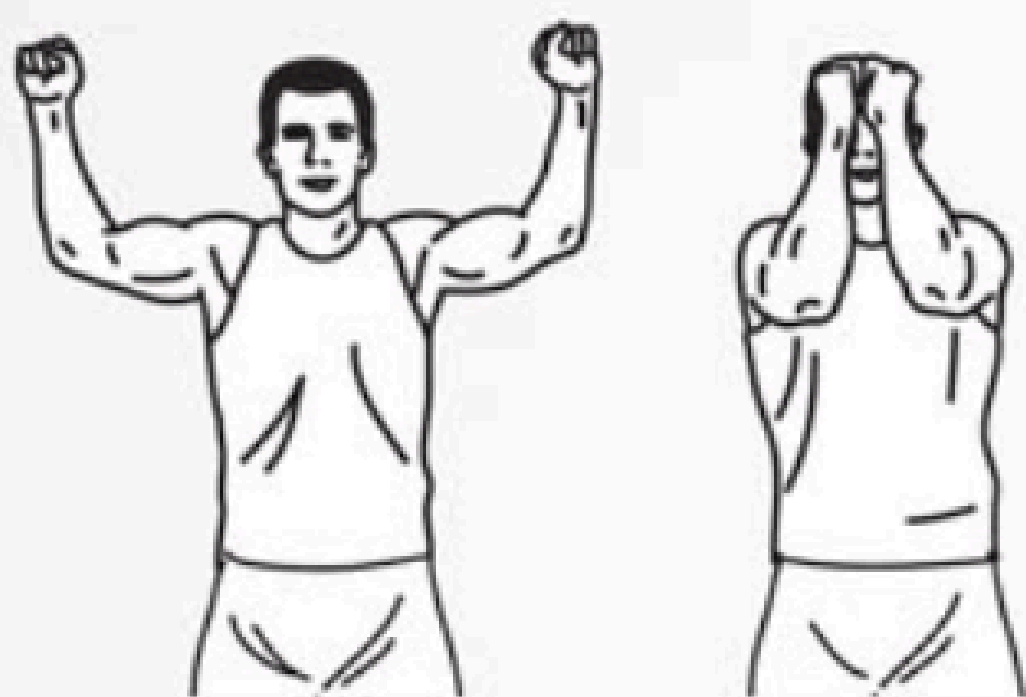
12



MORNING STRETCHING



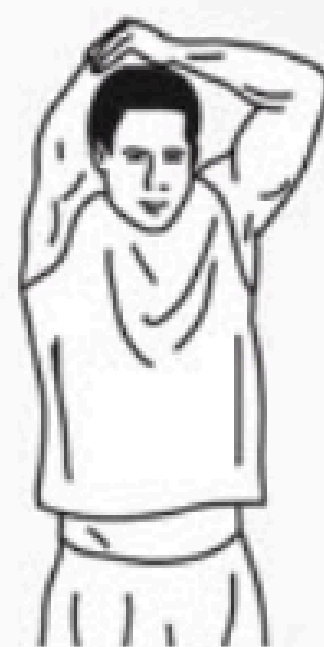
MOBILITY



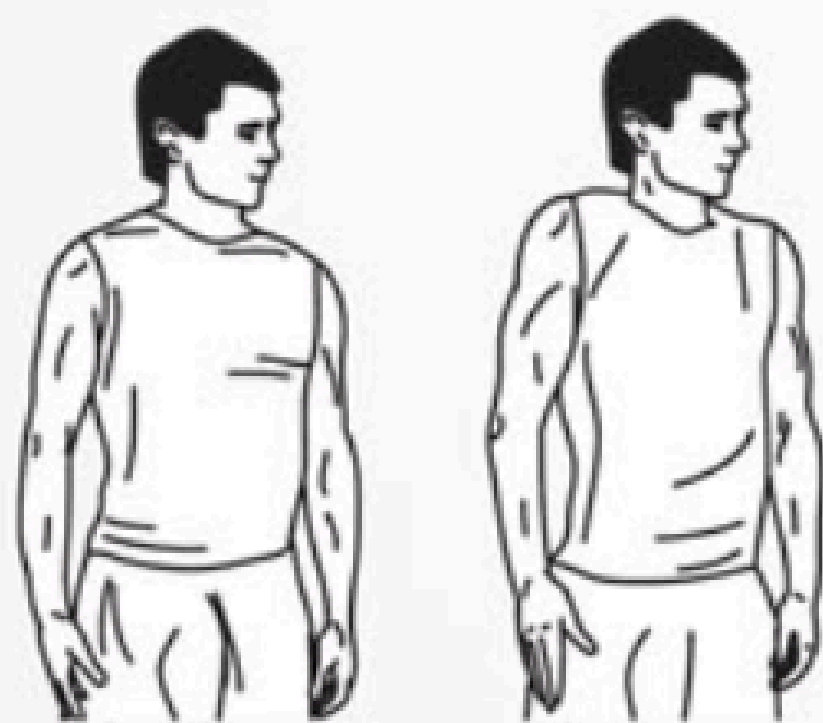
elbow clicks



shoulder stretch #1



shoulder stretch #2



shrugs



shrug hold



chest squeeze



side-to-side tilts



neck stretch



slow rotations

neck & shoulders

1



2



3



4



5



6



**neck &
shoulders**



side-to-side turns



up & down nods



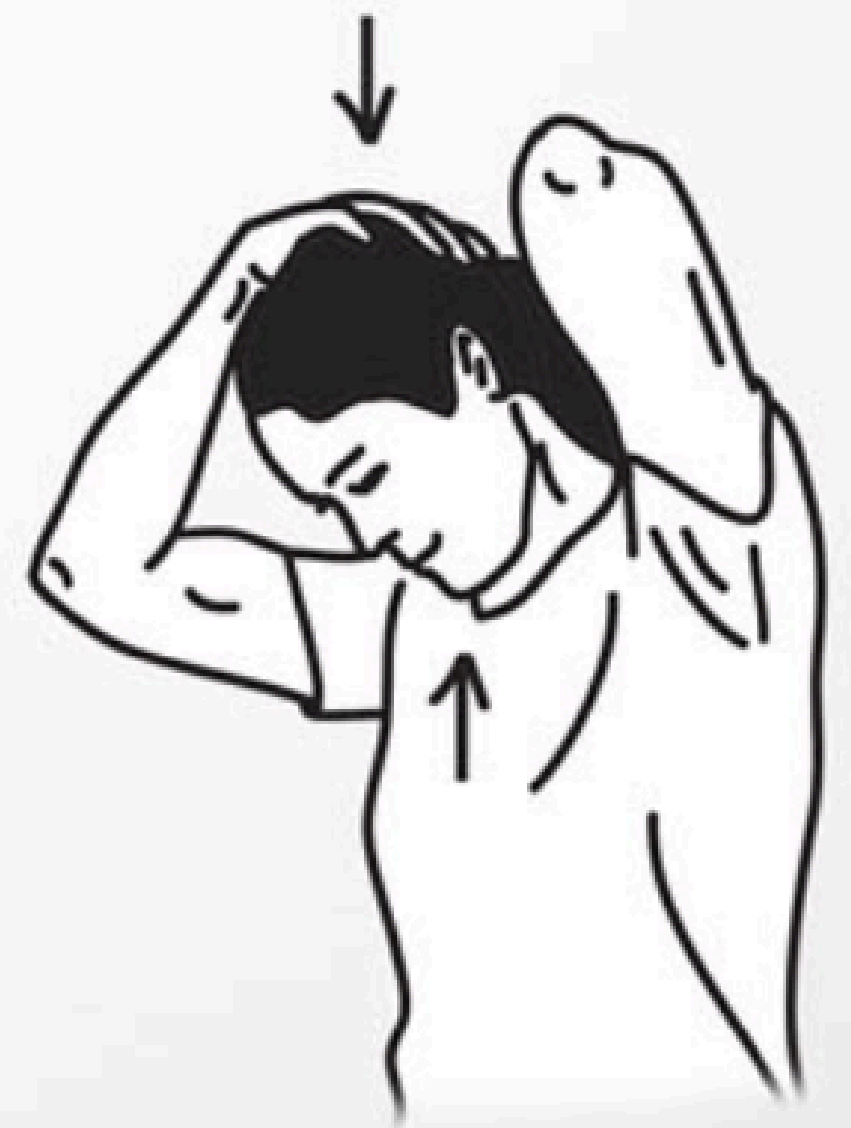
side-to-side tilts



head back stretch



side stretch
(resistance)



forward stretch
(resistance)

sore **neck**



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10 back and forth tilts



10 side-to-side tilts



10 neck rotations



10-count press



10-count press



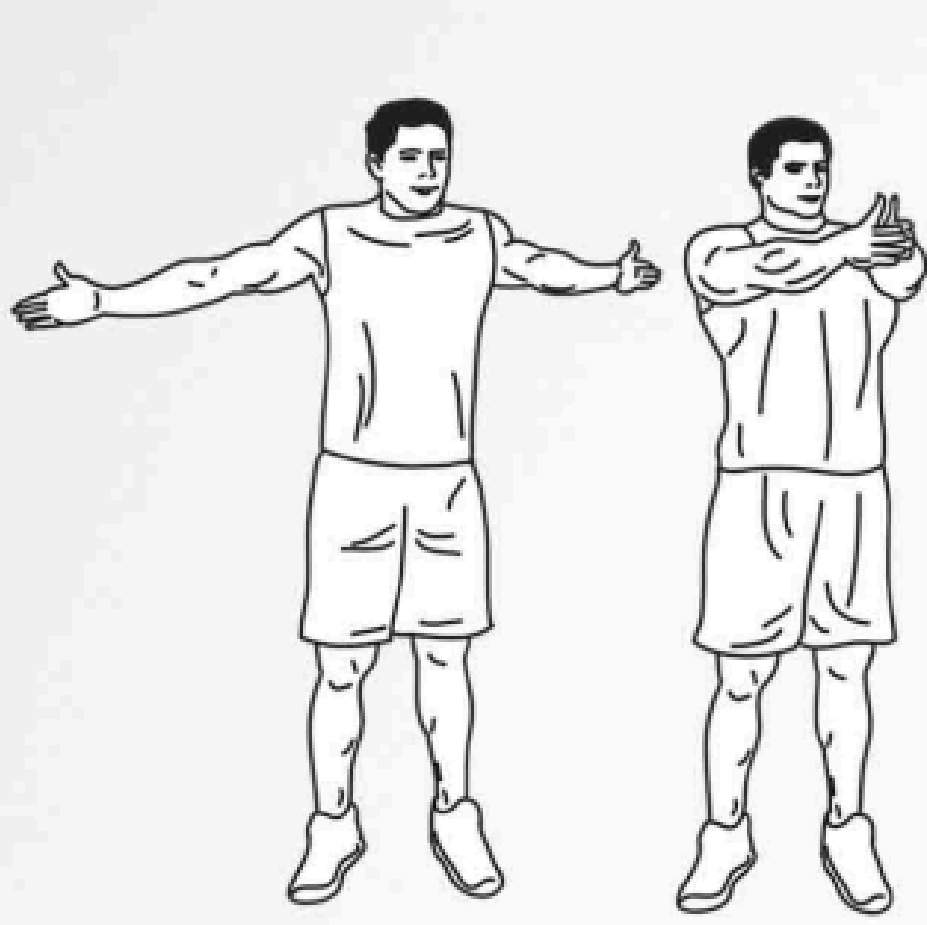
10-count alternating side press



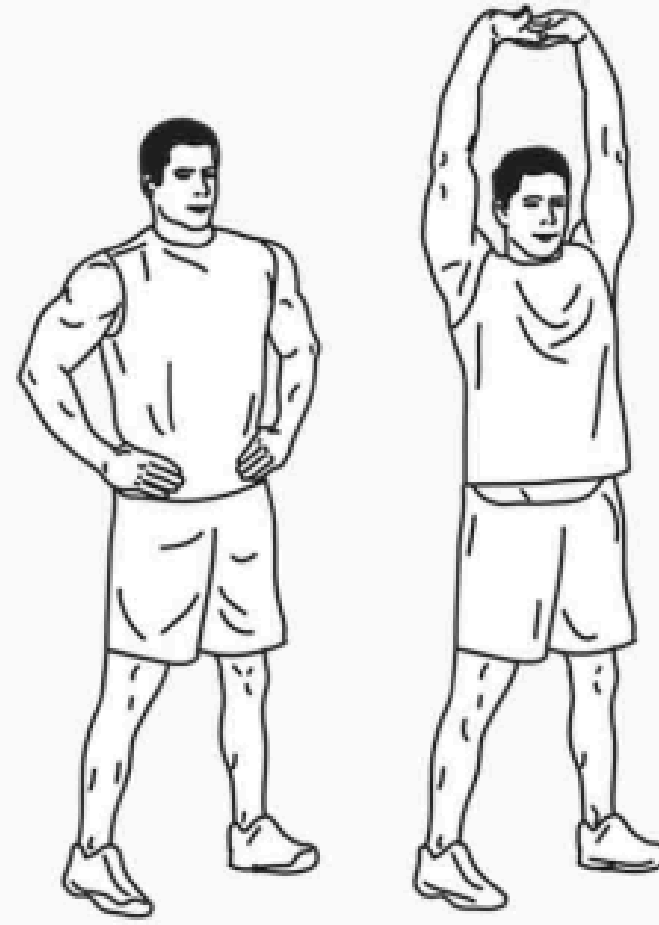
10-count alternating chin press



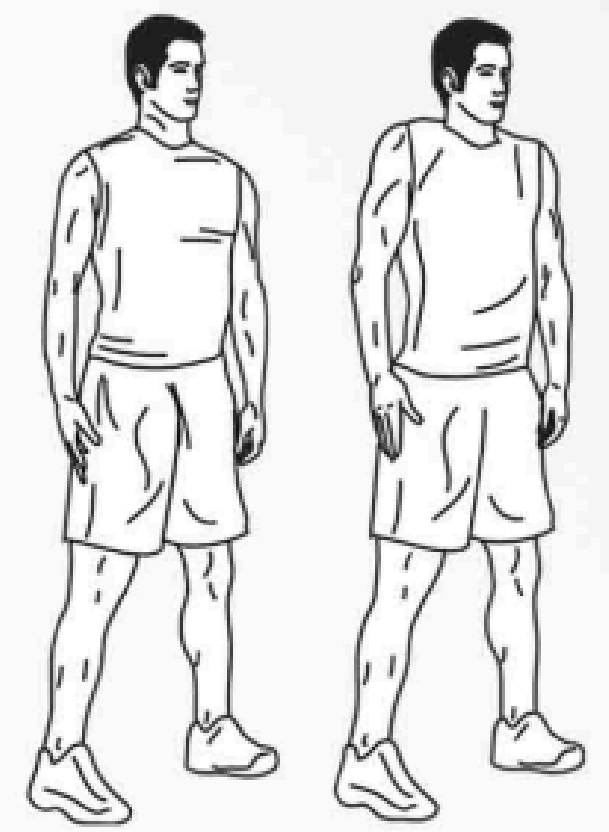
NECK



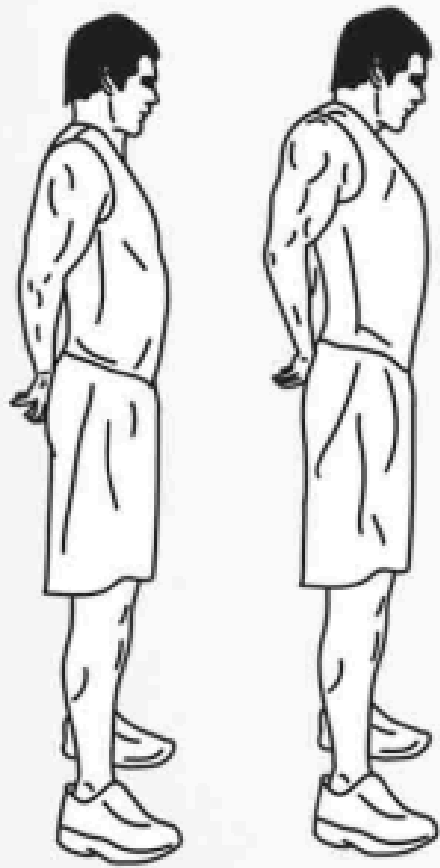
dynamic chest



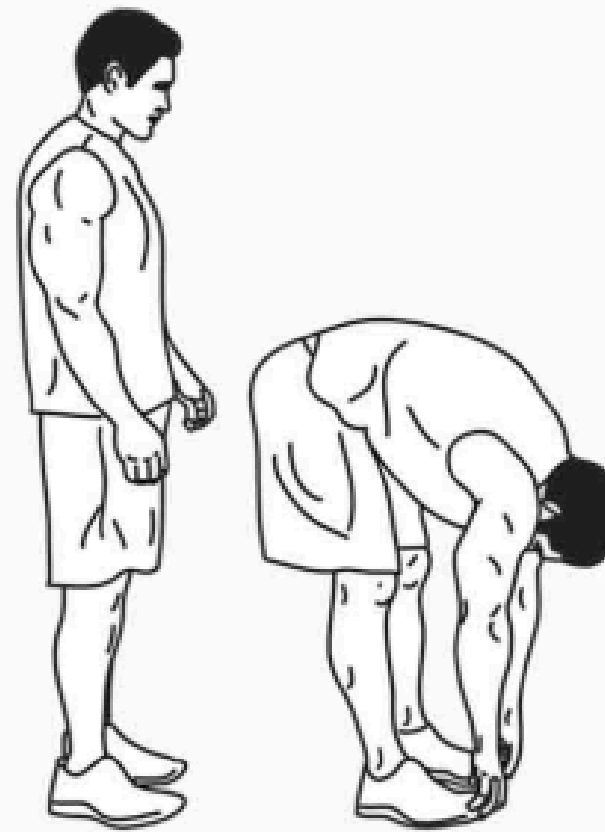
shoulder stretch #1



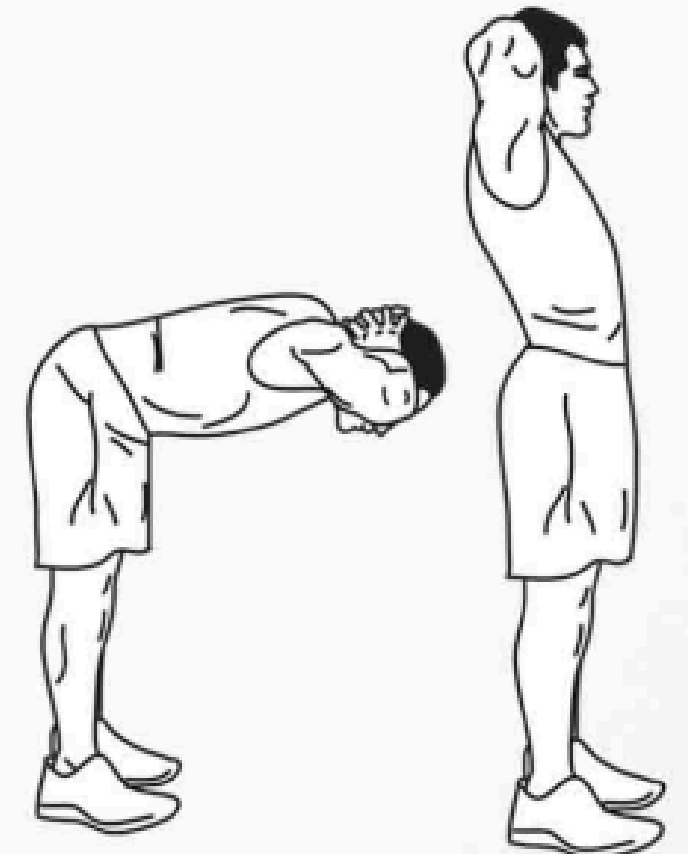
shoulder stretch #2



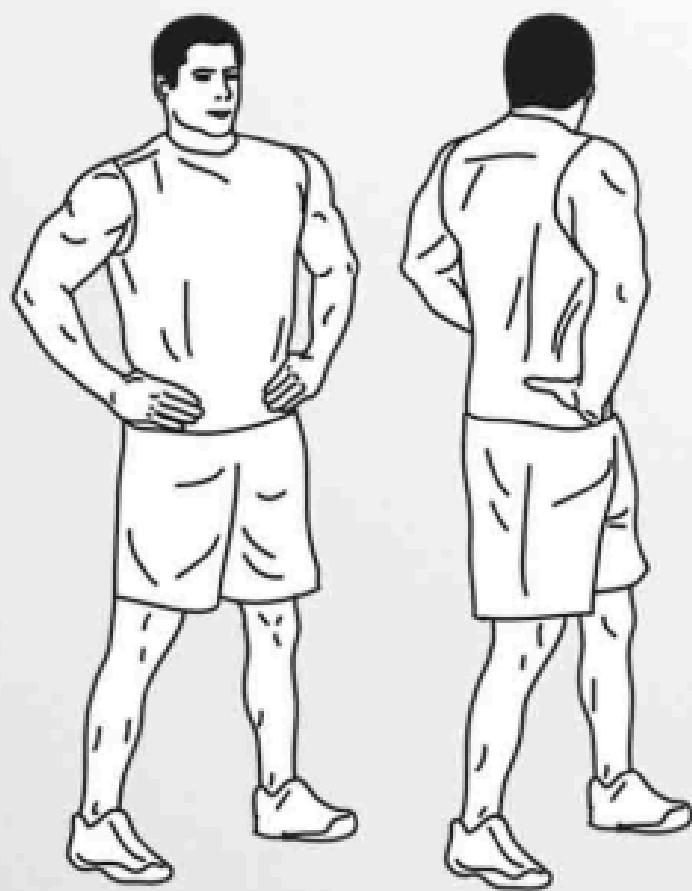
shoulder stretch #3



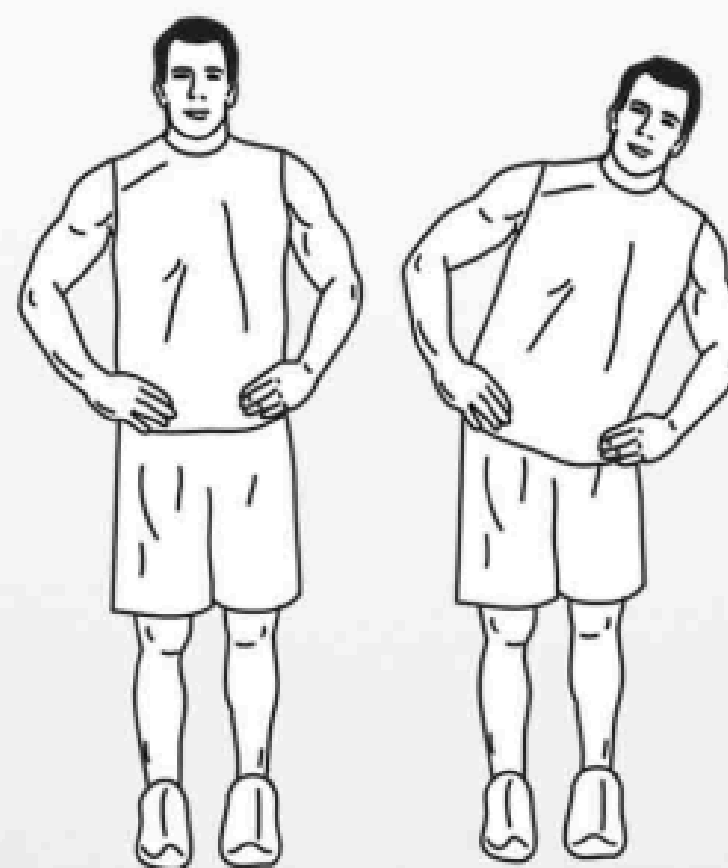
toe touches



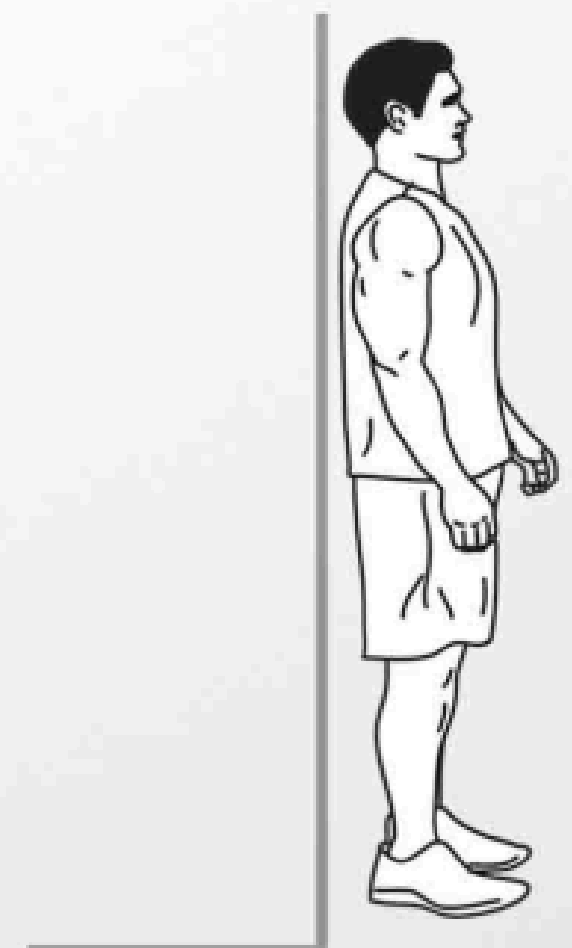
forward bends



mid back turns



side bends



wall stand

POSTURE



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