



## Desk Workout for Busy Professionals

### **Routine (Complete 2–3 Rounds)**

- Chair Squats — 15 reps
- Desk Push-Ups — 10–15 reps
- Seated Knee Raises — 20 reps
- Standing Calf Raises — 20 reps
- Shoulder Rolls — 30 sec
- Desk Plank — 30 sec

### **Workout Notes**

- Rest 30–45 sec between rounds
- Move every 30–60 minutes
- Focus on posture and controlled movement
- Great between meetings and travel days

### **Quick PAA Section**

#### **Are desk workouts effective?**

Yes — short movement breaks improve mobility and consistency.

#### **How often should office workers move?**

Try standing or moving every 30–60 minutes.

#### **Can you exercise at your desk?**

Yes — bodyweight and mobility exercises work very well.