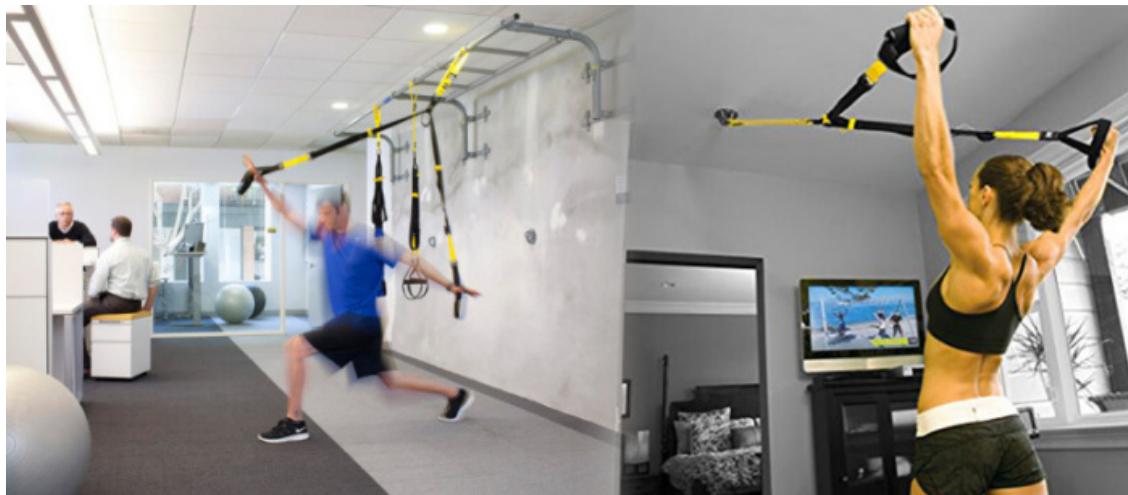




Office Workout

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Exercises you can do at work



Start with one round, gradually add to three rounds.

Total time of exercise	30 s
The break between exercises	just for set up TRX
Rounds	1 – 3
Intensity	by physical limits

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1. TRX Squat



Squat is a basic exercise for strengthening the entire body.

2. TRX Lower Back Stretch



Contrast to the squat is very nice stretch across the back side of the body.

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3. TRX Plank



Plank is an effective exercise that should be in any training plan. Complex exercise for strengthening the entire body. Beware of its proper technique.

4. TRX Supine Plank



Quite unusual exercise, but the more they'll love it. You will strengthen the muscles on the back side of the body and stretching the chest muscles.

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5. TRX Standing Hip Drop



Very simple and very effective exercise. A combination of strengthening and stretching in one motion. This time, the lateral side of the body.

6. TRX High Row



Flabby shoulder blade muscles is a common problem for back pain. Avoid it with this exercise.

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7. TRX Hip & Chest Stretch



Very enjoyable exercise that stretches almost the entire body.

8. TRX Torso Rotation



Strengthening the abdominal muscles is never enough. The last of toning exercises, now in a [transverse \(axial\) plane](#).

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9. TRX Hip Hinge (one leg)



Another very effective stretch, this time the back of your thighs.

10. TRX Figure 4 Stretch



After long day sitting in front of the computer your gluteal muscles are very grateful for their extension.

Exercise at least three times a week and try to limit sitting just necessary time. Your body will thank you.

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