



IMMORTAL FITNESS

Personal Training • Tai Chi • Martial Arts

www.sandiegofitnessmartialarts.com

Cubicle Fit Kicks

Get your fit kick on! Perform 20 reps of each of the following exercises at least once every 2 hours. Keeping your body moving optimizes your productivity by increasing circulation. Greater circulation means greater blood flow to the brain and muscles for a feel good workday.

Floor Bridge



This exercise is great to strengthen the core, glutes, hamstrings and lower back. When performed correctly, this exercise can be beneficial to rehab lower back and weak hamstrings, and to tone the glutes. To perform this exercise correctly:

1. Lying on the back, with legs bent and feet flat on the floor, place feet about hip width apart
2. Relax the head and shoulders as you lift the hips up and hold for 2 seconds
3. Make sure to stay on the heels of your feet and squeeze glutes at the top
4. Slowly lower hips, without touching the ground and repeat
5. Make sure to keep stomach tight throughout range of motion

Cobra



1. Lay face down on the floor-in prone position. Keep arms beside your hips.
2. Activate core by drawing in navel towards spine and squeezing glutes.
3. Lift chest off the floor, lift arms up back towards the hips rotating thumbs towards the ceiling. Pause momentarily at the top of the lift then return to starting position; at all times keeping the chin tucked into the chest.

Lunge walks



1. Keep your trunk upright and place feet shoulder width apart and lunge forward.
2. Keep knee in line with foot. Your toes should stay in front of your knee. Do ten on each leg.

Desk Push Ups



Desk push-ups are a great way to keep your upper body toned and in shape. The push up works the shoulders, chest, and tricep muscles.

1. Stand with your feet hip distance apart and far enough away from your desk so your chest will come to the edge. Place your hands on shoulder distance apart in the edge of a table or desk.
2. Lower your body so it is just over the desk. Your elbows should come to a 90 degree angle and your chest should be right between your hands.