If you have trouble staying fit at work, these office exercises are a great way to keep your body moving right at your desk. The moves here involving stretching and strengthening your body, all within the comfort of your office chair. This workout doesn't take the place of traditional strength training, but offers you a way to keep your blood moving if you can't get away from your desk.

**Equipment Needed:**
A chair and a water bottle or light-medium dumbbell.
Chair Squat

- While sitting, lift up until your hips are just hovering over the chair, arms out for balance.

- Hold for 2-3 seconds, stand all the way up and repeat for 1-2 sets of 16 reps.
Dips

- Make sure chair is stable and place hands next to hips.
- Move hips in front of chair and bend the elbows, lowering the body until the elbows are at 90 degrees.
- Push back up and repeat for 1-2 sets of 16 reps.
Front Raise

- Hold arms straight down, palms face the thighs.
- Slowly lift arms up to shoulder level keeping elbows slightly bent.
- Exhale and lower back down.
- This exercise can also be done alternating arms.
- Repeat for 1-2 sets of 12-16 repetitions, with a 20-30 second rest between sets.
Seated Triceps Extension

- Sit on a chair and hold a water bottle at one end with both hands overlapping one another.
- Take the water bottle straight up overhead with the arms next to the ears.
- Lower behind the head until elbows are at about 90 degree angles.
- Squeeze the triceps to straighten the arms without locking the joints.
- Repeat for 1-2 sets of 10-16 reps.
**Bicep Curl**

- Hold water bottle in right hand and, with abs in and spine straight, curl bottle towards shoulder for 1-2 sets of 16 reps.

- Repeat with left side.
Side Bends

- Hold a water bottle with both hands and stretch it up over the head, arms straight.

- Gently bend towards the left as far as you can, contracting the abs.

- Come back to center and repeat to the right.

- Complete 1-2 sets of 10 reps (bending to the right and left is one rep).
Ab Twists

- Hold the water bottle at chest level keeping the knees and hips forward, gently twist to the left as far as you comfortably can, feeling the abs contract.

- Twist back to center and move to the left for a total of 10 reps.

- Don't force it or you may end up with a back injury.

- Repeat exercise 1-2 more times
One-Leg Squat

- Make sure the chair is stable and take one foot slightly in front of the other.

- Use the hands for leverage as you push up into a one-legged squat, hovering just over the chair and keeping the other leg on the floor for balance.

- Lower and repeat; only coming a few inches off the chair for 1-2 sets of 12 reps.

- Repeat on the other side.