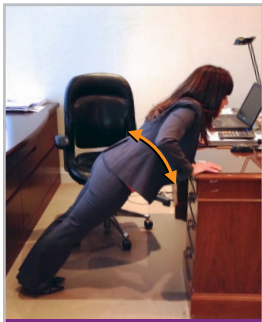


### ARMS



**ARM ROTATIONS**

March on the spot while circling your arms 10 times. Reverse direction and circle 10 times.



**PUSH-UPS**

Stand about arms length away from your desk. Place hands shoulder width apart on desk and lean toward the desk. Keep back flat when leaning. Straighten arms to raise your body. Repeat 10 times.



**TRICEPS DIPS**

Place your hands on the edge of the desk with fingers pointing toward feet. Keep back straight and close to the desk. Bend arms to lower body. Push up until arms are straight. Repeat 10 times.

### LEGS



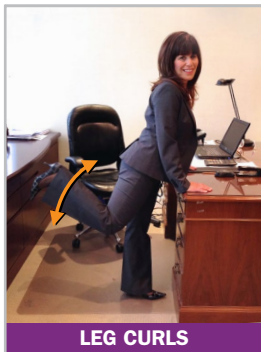
**SQUATS**

Stand in front of chair with legs hip width apart. Squat as if going to sit in chair and rise. Keep back straight with slight tilt forward when squatting. Repeat 10 times.



**LUNGES**

Stand with legs hip width apart and take a big step forward with your right leg in front. Lower body so that both knees are bent at 90°. Keep your back straight. Repeat 10 times on each leg.



**LEG CURLS**

Lift leg behind your body and bring heel in toward your butt. Hold and squeeze muscles for 3 seconds then straighten leg. Repeat 10 times on each leg.

All exercises are done at your own risk

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