

# Try Mindful's 3-Week Deskerce Challenge

Beat the harmful effects of too much sitting with the 3-week deskerce challenge. You'll also boost your energy and reduce stress.

## CARDIO

These quick cardio bursts will get your heart rate pumping for a fast energy boost.



### Desk Mountain Climbers

With hands on a desk, extend your legs behind you so your body is angled. Pull your right knee up toward your chest, then quickly switch legs, pulling your left knee up. Continue alternating legs for 30 seconds.

### Speedy Chair Stands

Sit on the edge of a chair (without wheels), arms crossed over your chest and feet flat on the floor. Lean forward slightly and quickly stand up. Sit back down in a controlled manner. Repeat for 30 seconds.

### Jog in Place (or March)

Run or march in place, pumping your arms as you go, for 30 seconds.

## STRENGTH

These strength moves help build muscle, improve posture and prevent pain.



### Desk Push-Up

Lean on a desk with your hands shoulder-width apart and extend your legs behind you so your body is angled. Bend your elbows, lowering your chest toward the desk. Hold for a second, then straighten your arms to push back up. Do 15 to 20 reps.

### Calf Raises

Stand behind a chair with your hands lightly touching the back for balance. Raise your heels, coming up onto the balls of your feet and toes. Hold for a second, then slowly lower. Do 15 to 20 reps.

### Knee Tucks

Sit on the edge of a chair (without wheels), with your legs extended in front of you and your hands holding the front edge of the chair seat. Lean back slightly, contract your abs and pull your knees up toward your chest. Hold for a second, then extend your legs without touching the floor. Do 10 to 15 reps.

## STRETCHES

These stretches loosen tight muscles and improve flexibility.

Torso Twist



Back Extension



Lunge



### Torso Twist

Sit on the edge of a chair (without wheels), with your feet flat on the floor. Place your left hand on the outside of your right knee. Gently rotate to the right, grasping the arm or back of the chair for assistance. Hold for 10 to 30 seconds and release. Twist two more times, then repeat on the left side.

### Back Extension

Stand up with your feet about hip width apart. Place your hands on your lower back, fingers pointing down. Roll your shoulders back and down, then lift your chest, slowly arching your back only to the point of feeling a slight stretch. Hold for 10 to 30 seconds and slowly release, doing a total of three extensions.

### Lunge

Stand with your hands on your desk. Step your left leg behind you and bend your right knee. Hold for 10 to 30 seconds and release. Do a total of three lunges on this side, then repeat for the opposite side.