

Carpal Tunnel Reliever

Carpal tunnel syndrome shouldn't catch up to you if you repeat this simple move every day. Stand at your desk, and, arms straight, place your palms on the desk with your fingers pointed toward you. Lower your body slowly until you feel the stretch (you won't have to go far). Hold for 15 seconds. Repeat as needed through the day.



Around the World Lunges

With this exercise you're combining a front lunge, a side squat (or a [side lunge](#) if you prefer) and a reverse lunge, which will hit every muscle in the hips glutes and thighs. The key is to keep this move slow and controlled and try to use the strength of your legs rather than momentum as you move from one exercise to the next. You can also hold weights for added intensity.

1. Step forward with the left foot and lower into a lunge, keeping the front knee behind the toe. Lower until the back knee comes close to the floor.
2. Push into the heel to step back and immediately step out to the left and into a squat.
3. Press back to start and take the left leg back into a reverse lunge, again keeping the front knee behind the toe.
4. Bring the left leg back to start and repeat for 8-16 reps before switching sides.



Desk Push Ups

For upper-body strength, stand a yard or more away from your desk, with your feet together. Place your palms on the edge of the desk a shoulder's width apart. Lower your chest to the edge of the desk, and push back up. Remember to exhale on the way up. Do 20 times.

This exercise can also be done against the wall, a chair or from the floor.



Invisible Chair Sit

This exercise works best if you lower your seat as far as it will go. Stand in front of your chair with your feet a hip's width apart. Place your hands on your hips and lower your butt until it's just above the seat. Then sit down as slowly as possible. Do 20 repetitions. To make it harder, reach your hands overhead as if you were holding a beach ball. If you're really feeling steady, try it on one leg. This exercise can also be done standing with your back against a wall for balance and support.



Seated Rotations

If you get tired of floor exercises or need something you can do at work for your abs, seated rotations are a good choice. You can work your obliques, as well as your lower back, and holding the weight adds intensity and will involve the shoulders, arms and chest as well.

1. Sit tall on a ball or chair and hold a medium weight.
2. Begin the movement with the weight at chest level, shoulders relaxed.
3. Keeping the hips and knees facing forward, rotate the torso to the right as far as you comfortably can. Focus on squeezing the muscles around your waist.
4. Rotate back to center and then to the left, keeping the movement slow and controlled.
5. Continue alternating sides for 1-3 sets of 10-16 reps



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 10 reps (bending to the right and left is one rep).



Squat with an Overhead Press

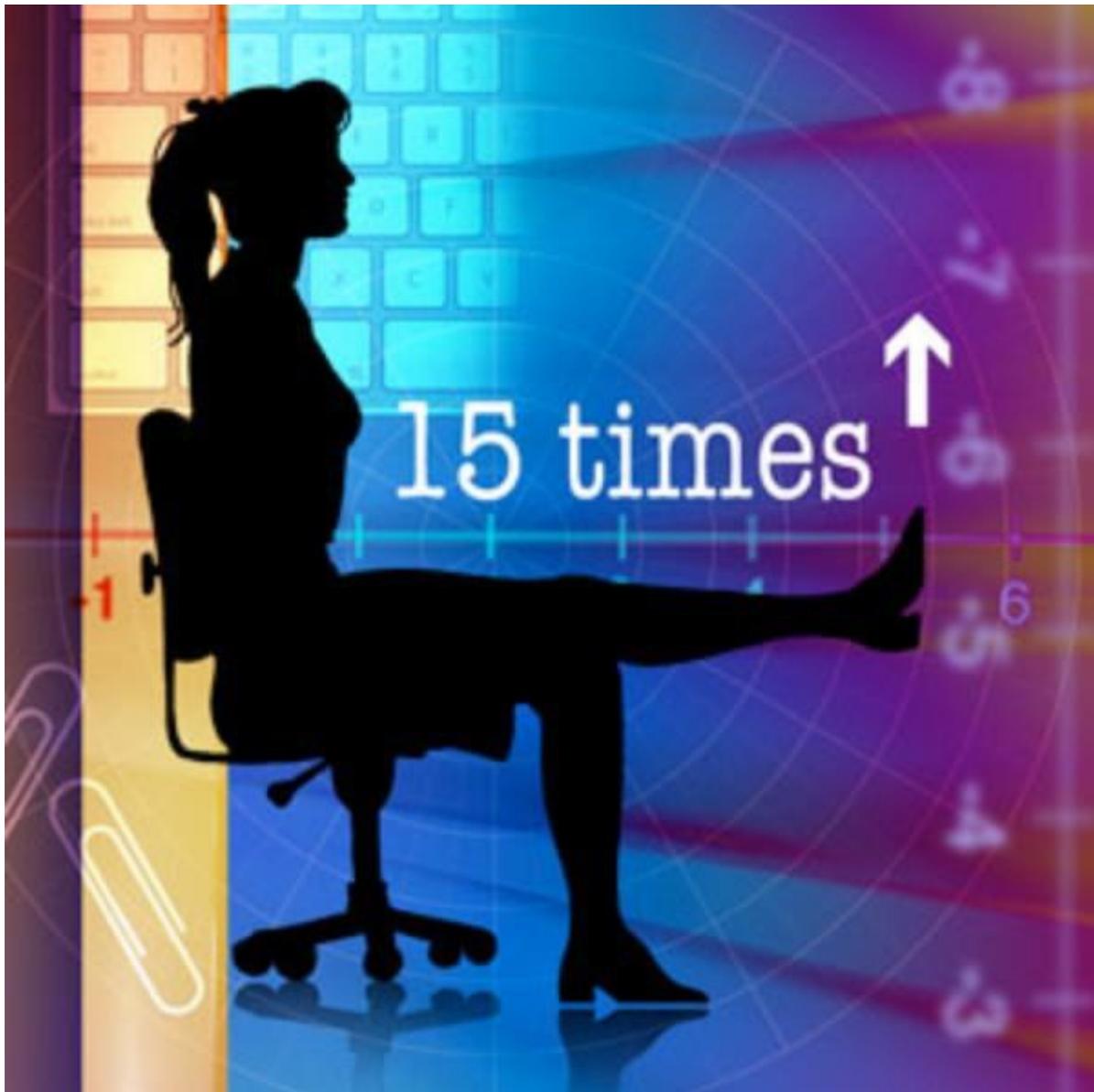
The squat with an overhead press offers the perfect compound exercise - A move that works the glutes, hips and thighs as well as the shoulders. These exercises just *work* together, flowing naturally from one to the next and, if you use heavy enough weight, it can even add an element of cardio to your workout.

1. Begin with the feet hip-width apart, holding the weights just over your shoulders.
2. Lower into a squat, sending the hips back while you keep the torso upright and the abs engaged.
3. Press into the heels to stand up.
4. As you stand, press the weights overhead, focusing on the shoulders.
5. Lower the weights and repeat a squat with an overhead press for 1-3 sets of 8-16 reps.



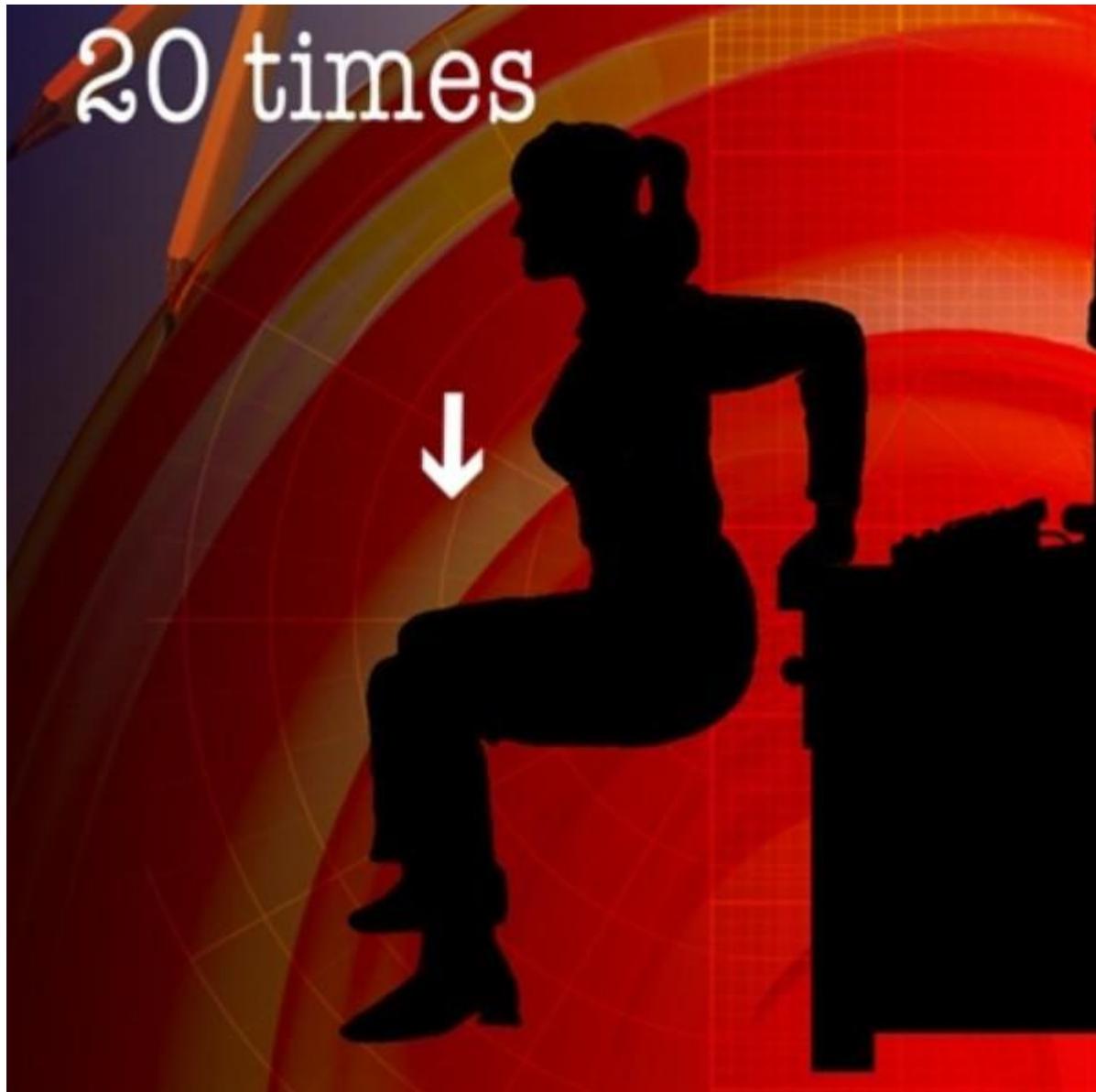
The Magic Carpet Ride

This works your core and arms. Sit in your chair with your legs crossed and your feet on the seat. Then place your hands on the armrests, suck in your gut and raise yourself a few inches above the seat, using your belly muscles and hands. Hold for 10 to 20 seconds. Rest for 30 seconds. Repeat five times.



The Wooden Leg

For lower-body strength: Sit in your chair, extend one leg out straight in front of you and hold for two seconds. Then raise it up as high as you can, and hold it again for two seconds. Repeat with each leg 15 times.



Tricep Desk Dips

This is for upper-body strength, courtesy of Nolan Palmer Smith. Ladies, this will help the backs of your arms. Place your butt on the edge of the desk, then place your palms on the edge of the desk on either side of you. Keeping your feet together, bend at the elbows and slide forward off of the desk and dip down a few inches, and then push back up. Dip to where your elbows are bent at 90 degrees. Do this 20 times.

For a variation, use a sturdy chair.