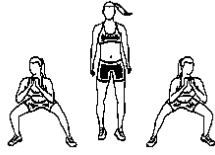


6 Bodyweight Exercises

Complete 3 Sets of 10 Repetitions At Work!

Squats or Jump Squat: Feet shoulder-width apart.

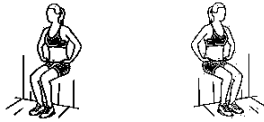
Do not let knees go past your toes



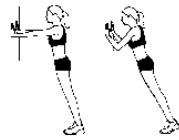
Clock Lunges: Forward Lunge, Side Lunge, Backwards Lunge, Side Lunge. *Do not let knees go past your toes*



Wall Sits: Time yourself for 1 minute



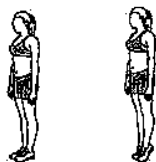
3-Way Wall Pushups: Diamond Pushup, Standard Pushup, or Triceps Pushup



Desk Triceps Dip: Use a table for balance



3-Direction Calf Raises: Toes Pointing Forward, Towards Each Other, or Directed Away From Each Other



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