



*“Strive for Progress
Not Perfection”*

-Unknown

The Fit 50

- 10 out & In—Chair
- 20 Elbow to Knee
(alternate)
- 10 Chair Squats
(alternate)
- 10 push ups against
wall or desk

Office Yoga

- Shoulder Stretch
(desk or wall)
- Standing Side
Stretch
- Desk Down Dog &
Up Dog.
- Quad Stretch Desk

Keep back straight, shoulders down and abs engaged during all exercises