

## CHAIR DIP

UPPER BODY

4 8 10  
BEG INT ADV



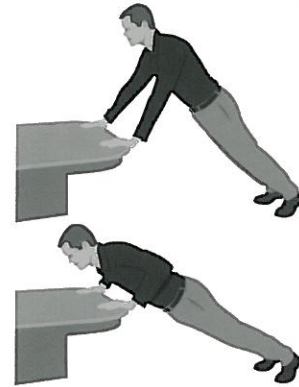
- Begin in a seated position with feet flat on floor
- Place hands on armrests of chair
- Use triceps to push buttocks up and out of chair
- Slowly return to starting position

Tip: Ensure chair will not roll during exercise

## DESK PUSH UP

UPPER BODY

6 10 14  
BEG INT ADV



- Place hands on edge of sturdy desk (shoulder-width apart)
- Lower chest toward desk (keep body straight)
- Return to starting position

Option: Move foot position back to increase difficulty

## ARM WAVER

UPPER BODY

8 12 20  
BEG INT ADV



- Begin seated with arms extended to sides
- Lift both arms over head
- Return to starting position

Option: Advanced users can hold small hand weights

## BICEPS CURL

UPPER BODY

4 6 8  
BEG INT ADV



- Begin seated in chair with good posture
- Place hands under sturdy desktop with palms up
- Put upward pressure on bottom of desk with hands
- Maintain moderate upward pressure for five seconds
- Repeat for suggested reps based on fitness level