

As Seen In

GLAMOUR

Tone up at work:

7 easy exercises you can do without leaving your cube

Featuring Jeri Lynn Sunok, Fitness Intuitive

Sitting at your desk for eight-plus hours a day isn't doing much for your fitness goals. Put those minutes you spend zoning out to better use by trying some of our favorite trainer tips below. All moves can be done throughout the day or in a circuit.



Beat Bra Bulge



If you can stand a few odd looks from your coworkers, using your desk to perform wide-angle push-ups will help tone the flabby part of the sides of the chest, says Jeri Lynn Sunok, a trainer and founder of Fitness Intuitive in Orange County, California. Place hands a little more than shoulder-width apart on the edge of your desk, with your palms down and fingers pointing forward. Walk four to five feet away from the desk, and keep the knees locked and together. Lean your hips toward the floor, and don't let your butt stick out. Keeping your abs tight, bend at the elbows and lower your chest to the top of the desk. Hold for six seconds. Repeat eight times.



Strengthen your Thighs

These wall-sits may remind you of elementary school PE, but it's worth it if you want to work your legs, hips and glutes, says Sunok. Lean with your back against your cubicle wall, then bend your legs at a right angle, as if you were sitting in a chair. Push your butt against the wall and make sure your legs and knees are together. To up the difficulty level, extend one leg straight out. Try skimming a document or brainstorming some new business ideas to take your mind off the burn. Hold for 15 to 60 seconds.

