

# FOCUSED + INSIGHTS

## Working Out At Work

For overall physical health, it's important to include strengthening exercises into your physical activity routine. Strength training builds muscular fitness; improving balance and posture as well as increasing metabolic rate – i.e. it uses a lot of calories, and keeps doing so after you've finished exercising.

We have created a series of muscle strengthening exercises that you can do in the office. Completing the workout just a couple of times a week will leave you feeling stronger and more confident with strengthening exercises.

Do you have a niggling pain that will not go away?

Why not book in for a free 15 minute physiotherapy consultation at our city centre clinic (94 Hope Street, Glasgow) . You can book by calling 0141 2372 721 or email [contact@physiofocused.com](mailto:contact@physiofocused.com).

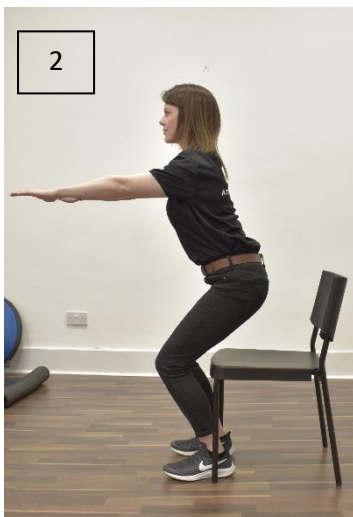


## Squat

The squat uses major muscle groups in our lower body and core, making it an excellent energy burner.



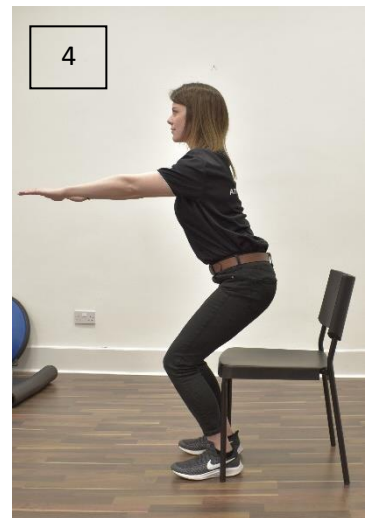
1. Start seated, with a nice upright posture and engage your core.



2. As you stand, reach your arms out in front of you, keeping your chest nice and high. Keep your core engaged as you stand, keeping your back straight



3. Once standing, make sure you also engage your glutes so that your hips are fully forward, giving you an excellent upright posture.



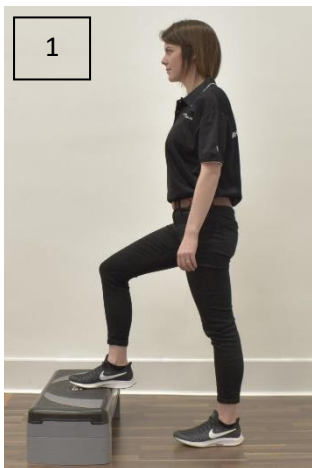
4. Maintain the upright posture of your upper body as you sit back down, again keeping the chest and head facing forward so as not to let your upper body crumple as you return to the starting



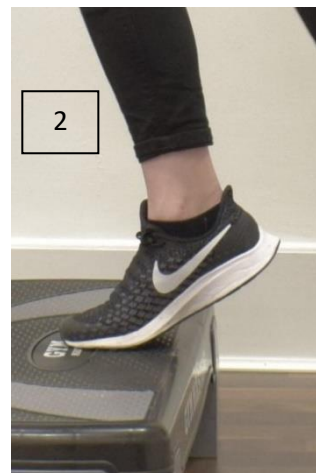
5. Repeat the full movement (up and down) 10 times and rest for 30 seconds. Complete a total of 3 sets.

## Calf Raise

The Calf Raise is a great exercise to work on balance and well as strengthening the ankle and lower leg.



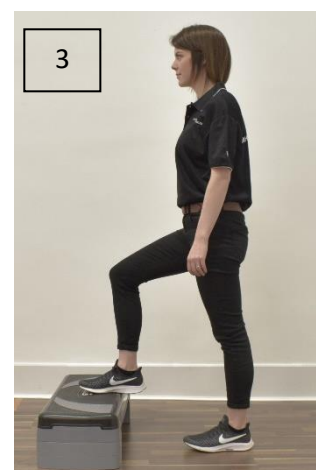
1. Find a stair well or even just a couple of steps in your office to use for this exercise.



2. Step on to the step above with one leg and then up on to your tip toes. Aim to hold the position on your tip toes for a count of three. As your balance improves aim to hold the position for longer.



3. Repeat for each leg 10 times and rest for 30 seconds. Complete 3 sets.



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## Step Up Leg Raise

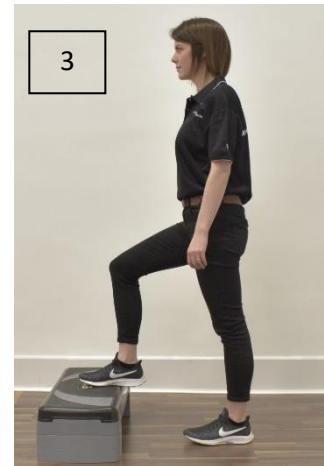
The Leg Raise is a great exercise for using the full forwards range of movement in our hip.



1. Find a stair well or even just a couple of steps in your office to use for this exercise.

2. Step on to the step above with one leg and then raise the opposite leg up until at a right angle to your body. Then place your foot back down on the step it started on.

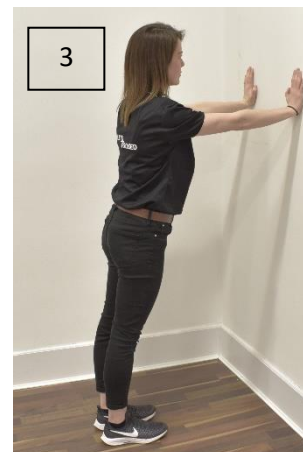
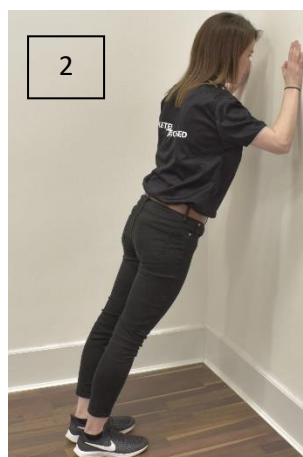
3. Repeat for each leg 10 times and rest for 30 seconds. Complete 3 sets.



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## Wall Press Up

Core and upper body strength is essential for a good quality of life.



1. Find a section of wall and stand upright facing the wall place your hands shoulder width apart against the wall.

2. Bend your arms so that your upper-body and head move towards the wall. Hold that position for a second and then straighten your arms back to the starting position.

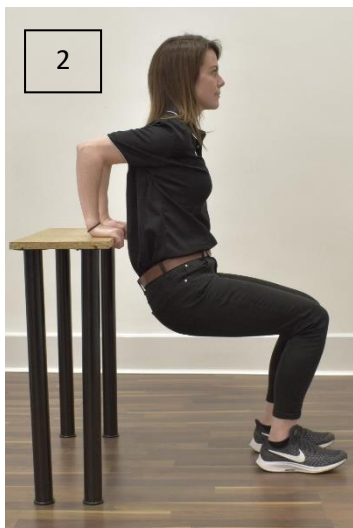
3. If you find it too hard to start with move your feet closer to the wall. Alternatively to make it more difficult, move your feet further from the wall

4. Repeat 10 times and rest for 30 seconds. Complete 3 sets.

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## Dips

Doing dips at your desk is a great way to get moving during the day.



1. At your desk, or a stable surface, turn your back and hold on to the edges with both hands, with your feet slightly in front so you're having to lean back slightly.

2. Bend your elbows and focus on engaging your core so that your back stays straight as your hips lower towards the ground. Stop when your elbows are at right angles to the tables and your hips are at knee height.

3. Press against the table and straighten your arms, keeping your core strong and your back straight as you do so.

4. Repeat 10 times and rest for 30 seconds. Complete 3 sets.

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