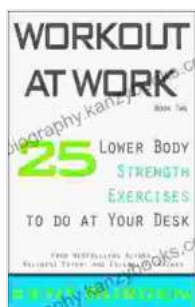


25 Lower Body Strength Exercises To Do At Your Desk

If you're like most people, you probably spend a lot of time sitting at your desk. This can take a toll on your lower body strength, which can lead to problems with mobility, balance, and even pain.



Workout at Work: 25 Lower Body Strength Exercises to do at Your Desk by Kent Burden

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The good news is that there are plenty of exercises you can do to strengthen your lower body while you're at your desk. In this article, we'll share 25 of the best exercises for your lower body that you can do at your desk.

1. Calf raises

Calf raises are a great way to strengthen your calves, which are the muscles in the back of your lower legs. To do a calf raise, stand up straight

with your feet flat on the floor. Then, slowly raise up onto your toes and hold the position for a few seconds before lowering back down.

You can make calf raises more challenging by holding a weight in each hand or by doing them on a raised surface.



2. Hamstring curls

Hamstring curls are a great way to strengthen your hamstrings, which are the muscles in the back of your thighs. To do a hamstring curl, sit down in your chair with your feet flat on the floor. Then, bend your knees and lift your heels up towards your buttocks. Hold the position for a few seconds before lowering back down.

You can make hamstring curls more challenging by using a resistance band or by doing them on a stability ball.



3. Quadriceps extensions

Quadriceps extensions are a great way to strengthen your quadriceps, which are the muscles in the front of your thighs. To do a quadriceps extension, sit down in your chair with your feet flat on the floor. Then,

extend your right leg out in front of you and hold the position for a few seconds before lowering back down.

You can make quadriceps extensions more challenging by adding weight to your leg or by ng them on a resistance band.



4. Glute bridges

Glute bridges are a great way to strengthen your glutes, which are the muscles in your buttocks. To do a glute bridge, lie down on your back with your knees bent and your feet flat on the floor. Then, lift your hips up off the ground and hold the position for a few seconds before lowering back down.

You can make glute bridges more challenging by adding weight to your hips or by doing them on a stability ball.



5. Squats

Squats are a great way to strengthen your entire lower body, including your quads, hamstrings, glutes, and calves. To do a squat, stand with your feet shoulder-width apart. Then, bend your knees and lower your body down as

if you were sitting back into a chair. Hold the position for a few seconds before standing back up.

You can make squats more challenging by adding weight to your shoulders or by ng them on a stability ball.



6. Lunges

Lunges are a great way to strengthen your quads, hamstrings, glutes, and calves. To do a lunge, step forward with your right foot and bend your right knee. Then, lower your body down until your right thigh is parallel to the ground. Hold the position for a few seconds before standing back up.

You can make lunges more challenging by adding weight to your shoulders or by doing them on a stability ball.



7. Step-ups

Step-ups are a great way to strengthen your quads, hamstrings, glutes, and calves. To do a step-up, stand facing a step or platform. Then, step up onto the step with your right foot and bring your left foot up to meet it. Hold the position for a few seconds before stepping back down.

You can make step-ups more challenging by adding weight to your shoulders or by doing them on a higher step.



8. Plie squats

Plie squats are a great way to strengthen your inner thighs and glutes. To do a plie squat, stand with your feet wider than shoulder-width apart and your toes turned out. Then, bend your knees and lower your body down as if you were sitting back into a chair. Hold the position for a few seconds before standing back up.

You can make plie squats more challenging by adding weight to your shoulders or by doing them on a stability ball.



9. Donkey kicks

Donkey kicks are a great way to strengthen your glutes and hamstrings. To do a donkey kick, get down on your hands and knees with your hands shoulder-width apart and your knees hip-width apart. Then, lift your right

leg up and back, bending your knee at a 90-degree angle. Hold the position for a few seconds before lowering your leg back down.

You can make donkey kicks more challenging by adding weight to your leg or by doing them on a stability ball.



10. Fire hydrants

Fire hydrants are a great way to strengthen your glutes and hips. To do a fire hydrant, get down on your hands and knees with your hands shoulder-width apart and your knees hip-width apart. Then, lift your right leg out to the side and up, bending your knee at a 90-degree angle. Hold the position for a few seconds before lowering your leg back down.

You can make fire hydrants more challenging by adding weight to your leg or by ng them on a stability ball.



11. Clamshells

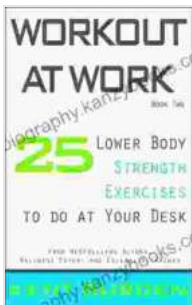
Clamshells are a great way to strengthen your glutes and hips. To do a clamshell, lie down on your right side with your knees bent and your feet together. Then, lift your left leg up and out to the side, keeping your feet together. Hold the position for a few seconds before lowering your leg back down.

You can make clamshells more challenging by adding a resistance band around your knees or by ng them on a stability ball.



12. Side leg raises

Side leg raises are a great way to strengthen your outer thighs and hips. To do a side leg raise, lie down on your right side with your knees bent and your feet together. Then, lift your

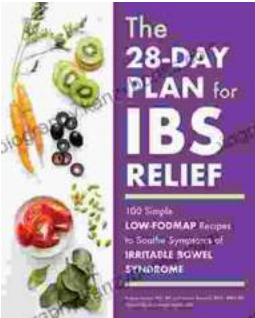


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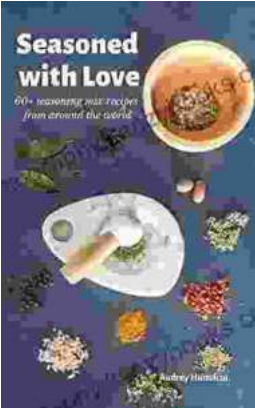
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