



Tiny Spaces Workout

Stuck in a tight space? No problem, we've got you covered! This moderate to high-intensity workout requires nothing but a desk or countertop, and uses your body weight to provide a big workout in a small space.

The warm up

To warm up, walk or lightly jog on the spot or around the room for 2 minutes. Be sure to swing your arms to get your upper body warm as well, if you have the space.

The workout

Perform the 5 exercises below for 1 minute each, moving at a comfortable pace from one exercise to the next. Adding these movements throughout the day will help increase your circulation, which can have a positive influence on your ability to focus, increasing your overall productivity!

The moves

You can perform these exercises at three levels.

Beginner:
Perform 1 full cycle

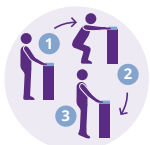
Intermediate:
Perform 2 full cycles

Advanced:
Perform 3 full cycles



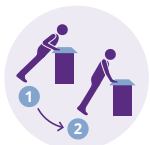
Inclined Push-Ups

While standing, position yourself a few feet from your desk or counter. Keep your feet together. Then, put your palms on the edge of your desk or counter, about a shoulder width away from each other. Lower down to the edge of the desk or counter while maintain a straight back, then push back to the starting position.



Low Squat to Toe Heel Raises

Stand in front of a desk or counter with your feet hip distance apart and your toes pointing forward. Keeping your knees in line with your toes, bend your knees to slowly lower your buttocks towards your heels, squatting as deeply as possible. To come to a stand, press up evenly through your feet to return to the starting position. Then at the top, using your desk or counter for support, lift your weight up to your toes, contracting your rear leg muscles.



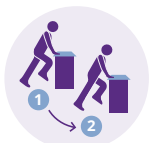
Inclined Triceps Push-Ups

Like the supported push-up, position yourself a few feet from your desk or counter, feet together. Position with your hands directly below shoulders, on the edge of your desk or counter. Lower down to the desk or counter, while keeping your elbows pinned to your sides (think magazines tucked under your arm!), then push back up to the start position.



Heel-Lifted Sumo Squats

Begin with your feet slightly wider than shoulder-width apart, toes pointed outward. Holding the edge of your desk or counter, lift one heel. With control, sit your hips back as far as possible toward the floor, keeping your knees behind your toes and bracing your core. Press into your opposite heel to stand up into the starting position. Raise you opposite heel and repeat the exercise.



Inclined Mountain Climbers

Place your hands slightly wider than shoulder distance apart on the edge of your desk or counter, arms straight. Bring your body into plank position keeping your back straight and core tight. Bring one knee in towards your chest then switch feet and draw the other knee in alternating back and forth quickly like you are running.



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