



Boost Success Today! ...through simple desk exercises ...*now.*

Desk Exercise 1: Calf & Quad Stretch

1. Place your hands flat on top of your right leg, feet flat on floor.
2. Lift your right leg from your hip flexor & straighten it from the knee.
3. While straight, flex your upper leg muscle (quad) & hold for 10 seconds.
4. Lower your right leg slowly, placing your foot flat on the floor again.
5. Repeat exercise with left leg. Repeat the above steps 2-10 times.
6. You can also stretch out both legs under the desk for a minute.



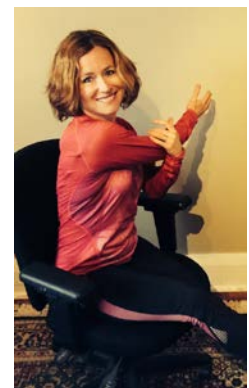
Desk Exercise 2: Abdominal Crunch

1. Sit on the edge of your seat.
2. Lean back from the waist, keep your back straight.
3. Hold the seat of your chair with both hands.
4. Lift both legs up, keeping your knees bent while tightening your abdominal muscles.
5. Straighten your legs holding your heels a few inches off of the floor.
6. Repeat steps 4 and 5 until you have completed 10 repetitions.



Desk Exercise 3: Shoulder Stretches

1. Stretch your right arm in front of you and across your chest, as if you were grabbing something on your left side.
2. Bring your left arm under and in front of your right arm.
3. Gently hug your right arm in towards your chest.
4. Repeat with the arms reversed.
5. Relax your arms, letting them hang down loosely at your side.
6. Slowly roll both shoulders backwards ten times.
7. Slowly roll both shoulders forward ten times.



Exercise → the Confidence, Motivation and Energy to Win the Sale