Strength Program

Sitting at a desk or computer terminal can cause muscular tension and pain. The Take Ten Strength program can help reduce unwanted muscle tension through active movements that strengthen your muscles, bones and joints. When performing these strength exercise, remember to keep your abdominal engaged and posture tall to protect your back. Breathe slowly, exhaling on the greatest effort of movement. Always keep the strength exercises within your comfortable limits and never to the point of pain.

Complete 15 repetitions of each exercise below, twice:

- Perform exercises slow and with control.
- Remember to exhale on the most effort.
- Keep your posture tall and abdominals engaged.
- Go through full range of motion if comfortable.
- Avoid fast movements and awkward postures.

#1 Chair Squats

Start with feet hip width apart, keep weight in heels and bend at the knee joint while lowering hips/bottom to a maximum of 90 degrees.

#2 Wall Push Ups

Stand with feet hip width apart and arms slightly wider than shoulder width. Place hands on wall in front and keeping back straight, bend at elbow joint to bring body closer to wall.

#3 Windmills

Stand with feet in a straddle position. With right arm on hip, extend left arm across body to touch right foot. Come back to start position and repeat on other side.

#4 Hip Abduction

Standing, place left hand on desk and keep body straight as right leg lifts out to the side. Repeat on other side.

#5 Shoulder Retraction

Place arms straight out in front, parallel with the ground. Bend at elbow joint and bring arms back, squeezing shoulder blades.

#6 Side Bends

Standing, place left hand on hip, then slide right arm down leg until a stretch is felt. Come back to straight body position and repeat on other side.

#7 Backward Arm Circles

Bring arms parallel to ground and make small controlled circles backwards.

#8 Calf Raises

Place hands on desk for balance. Come up on the balls of feet, then relax down.