

# 25 Exercises for Back Health To Do at Your Desk

## Tired of Back Pain? Try These Exercises at Your Desk!

If you're like most people, you probably spend a lot of time sitting at a desk. And if you're not careful, all that sitting can take a toll on your back.

Back pain is one of the most common health problems in the world. It can be caused by a variety of factors, including poor posture, weak back muscles, and injuries.



## Workout at Work: 25 Exercises for Back Health to do at Your Desk by Kent Burden

★★★★★ 5 out of 5

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If you have back pain, it's important to see a doctor to rule out any underlying medical conditions. Once you've been cleared by a doctor, there are a number of things you can do to improve your back health, including:

- Improving your posture

- Strengthening your back muscles
- Losing weight if you're overweight or obese
- Quitting smoking

In addition to these lifestyle changes, there are a number of exercises you can do to help improve your back health. These exercises can be done at home, at the gym, or even at your desk.

Here are 25 exercises for back health that you can do at your desk:

## 1. Chin tucks



To do a chin tuck, sit up straight with your shoulders relaxed and your spine straight. Gently tuck your chin toward your chest. Hold for 5 seconds, then release. Repeat 10 times.

## 2. Shoulder rolls



Shoulder rolls help to improve the range of motion in the shoulders and neck.

To do a shoulder roll, sit up straight with your shoulders relaxed. Roll your shoulders forward in a circular motion for 10 repetitions, and then roll them backward for 10 repetitions.

## 3. Arm circles



To do an arm circle, sit up straight with your arms extended out to the sides at shoulder height. Circle your arms forward for 10 repetitions, and then circle them backward for 10 repetitions.

#### **4. Desk push-ups**



Desk push-ups help to strengthen the chest, shoulders, and triceps.

To do a desk push-up, stand facing your desk with your hands placed on the edge of the desk. Step back until your body is at a 45-degree angle to the desk. Bend your elbows and lower your chest toward the desk. Push back up to the starting position. Repeat 10 times.

## **5. Chair squats**



To do a chair squat, stand facing your chair with your feet hip-width apart. Lower your body down until your buttocks touch the chair. Stand back up to the starting position. Repeat 10 times.

## **6. Calf raises**



Calf raises help to strengthen the calf muscles.

To do a calf raise, stand with your feet flat on the floor. Raise up onto your toes, then lower back down to the starting position. Repeat 10 times.

## **7. Hamstring stretches**



To do a hamstring stretch, stand with your feet shoulder-width apart. Bend forward at the waist and reach your hands toward your toes. Hold for 30 seconds. Repeat 3 times.

## **8. Quad stretches**





Quad stretches help to improve flexibility in the quadriceps.

To do a quad stretch, stand with your feet shoulder-width apart. Bend your right knee and grab your right foot with your right hand. Pull your foot toward your buttocks. Hold for 30 seconds. Repeat 3 times on each leg.

## **9. Glute bridges**



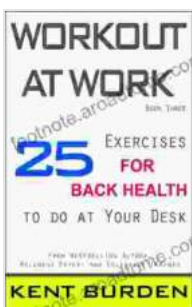
To do a glute bridge, lie on your back with your knees bent and your feet flat on the floor. Lift your hips up until your body forms a straight line from your shoulders to your knees. Hold for 5 seconds, then lower back down to the starting position. Repeat 10 times.

## **10. Plank**



Plank helps to strengthen the core, back, and shoulders.

To do a plank, start by lying on your stomach. Raise up onto your forearms and toes, keeping



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