



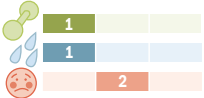
**Try multi-tasking:**  
Our exercise leader did side lunges while conducting a phone interview.

# A workout at work?

**WE ALL NEED TO GET UP AND MOVE, BUT WHAT CAN WE DO?** In the spirit of public service (and because our boss made us), The Post’s infographics department tested exercises in and around our cubicles twice a day for a week to see which ones real people could incorporate into a workday. The moves were suggested by experts whose jobs involve studying motion, preventing obesity and generally getting people off their duffs. We rejected a few immediately — jumping jacks? Not in this bra! — but chose these 12. Our observations aren’t scientific, but they’re definitely real. **By Bonnie Berkowitz and Laura Stanton**

	NOT TOO			VERY		
<b>Difficult?</b>	1	2	3			
<b>Sweaty?</b>	1	2	3			
<b>Humiliating?</b>	1	2	3			

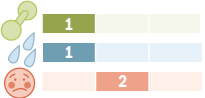
**1 RAISE THE ROOF** (20 reps)  
While marching in place, push toward the ceiling with your palms up and thumbs almost touching your shoulders. Make it harder by holding books or water bottles.



**Pro:** One person found it “comforting” to dust off a 1990s dance move.  
**Con:** Brief moment of panic while you try to remember if you shaved your armpits.



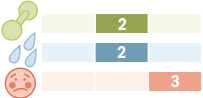
**2 TRICEPS KICK** (20 reps)  
While marching in place, bend at the hips, about 45 degrees. Bend your elbows, then extend them behind you as if you are lifting weights.



**Pro:** Loosens your upper body.  
**Con:** Awkward-looking. Several people accidentally whacked things behind them.



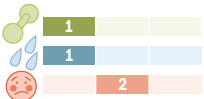
**3 THE HULK** (20 reps)  
Keep marching and leaning. With your elbows bent and fists together in front, move your arms back like wings. Try to touch your shoulder blades together.



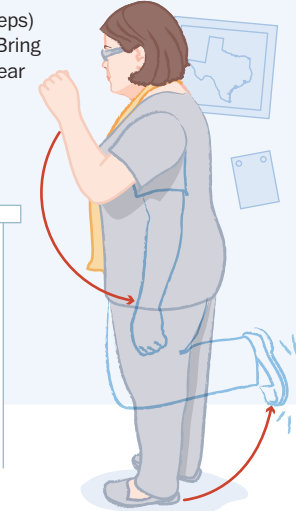
**Pro:** Some people make funny sound effects.  
**Con:** Draws attention to the chest area.



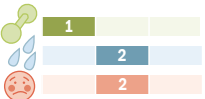
**4 HAMSTRING CURL** (20 reps)  
Bend arms at the elbow. Bring one foot up toward your rear end while straightening your arms so that your hands are down when your foot is up.



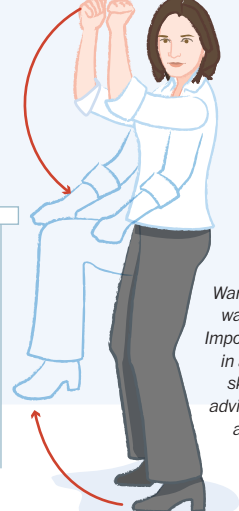
**Pro:** Not terribly noticeable.  
**Con:** Requires caution to avoid kicking things behind you.



**5 KNEE LIFT** (20 reps)  
Just like hamstring curls, except you lift your knee up in front as your arms go down.

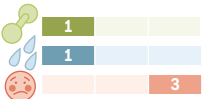


**Pro:** Wakes up the hip flexors and quadriceps.  
**Con:** Requires extra concentration and coordination.

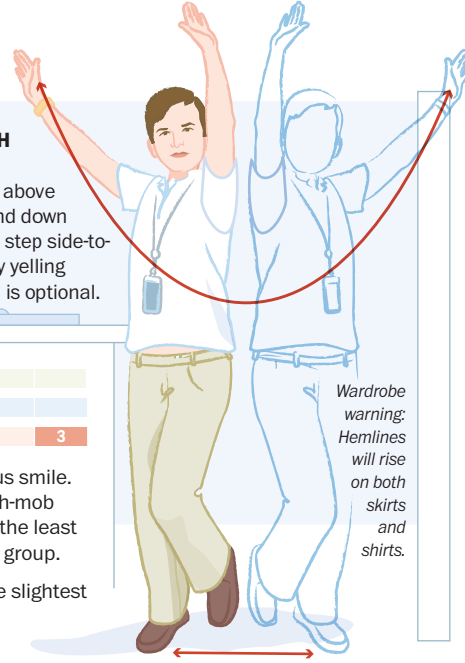


*Wardrobe warning: Impossible in a tight skirt; ill-advised in a short skirt.*

**6 HALLELUJAH** (20 reps)  
Sweep arms above your head and down again as you step side-to-side. Actually yelling “Hallelujah!” is optional.

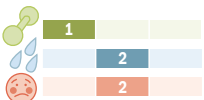


**Pro:** Made us smile. Lends a flash-mob feel to even the least coordinated group.  
**Con:** Not the slightest bit subtle.

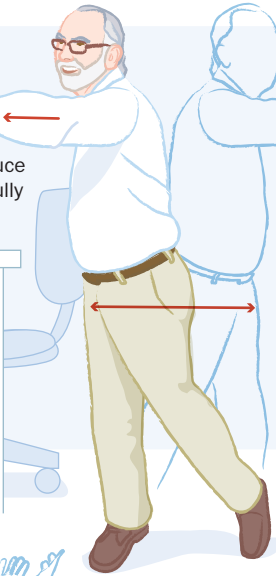


*Wardrobe warning: Hemlines will rise on both skirts and shirts.*

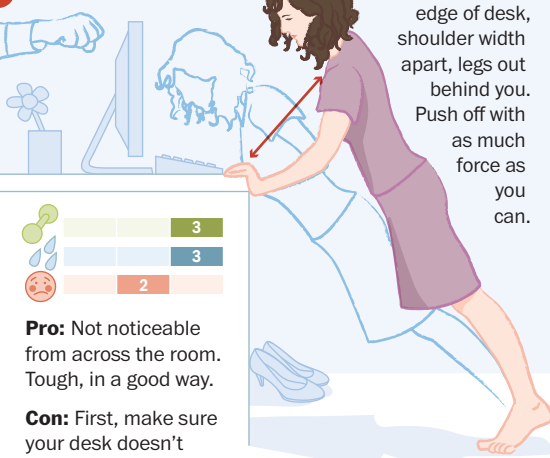
**7 PUNCHING** (20 reps)  
While rocking foot to foot, punch with alternating arms. To reduce elbow stress, try not to fully straighten your arm.



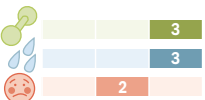
**Pro:** Cathartic; an outlet for aggression.  
**Con:** Most workplaces do not allow you to actually hit anyone.



**8 DESK PUSHUP** (10 reps)

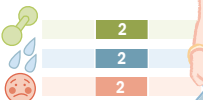


Place hands on edge of desk, shoulder width apart, legs out behind you. Push off with as much force as you can.

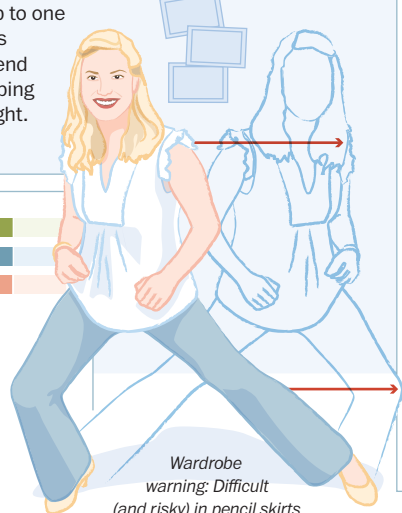


**Pro:** Not noticeable from across the room. Tough, in a good way.  
**Con:** First, make sure your desk doesn’t slide easily.

**9 SIDE LUNGE** (10 per side)  
Take a big step to one side. Point toes forward and bend one knee, keeping other leg straight. Push back up.

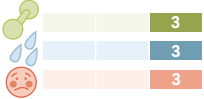


**Pro:** Doesn’t attract much attention.  
**Con:** Can be hard on knees.



*Wardrobe warning: Difficult (and risky) in pencil skirts, tight pants and heels.*

**10 JUMP SQUATS** (10)  
Make sure you have space in front of you. Bend into a half-squat with your arms behind you, then jump and swing your arms up as if you’re celebrating.

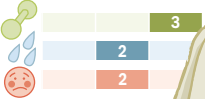


**Pro:** Best calorie-burner of the moves we tried.  
**Con:** Tall people (or high-hopping short people) will hit eight-foot ceilings.

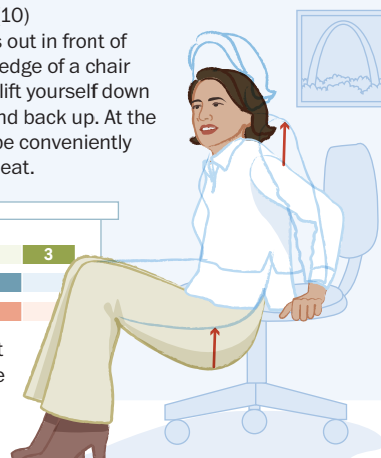


*Wardrobe warning: Major risk of exposure in a billowy skirt or untucked shirt.*

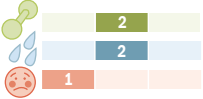
**11 CHAIR DIPS** (10)  
With your legs out in front of you, grab the edge of a chair (or desk) and lift yourself down in front of it and back up. At the end, you will be conveniently back in your seat.



**Pro:** The most discreet of the bunch. Really works triceps.  
**Con:** Can bother wrists. Be careful if your chair has wheels!



**12 WALK** (10 min.)  
Lap your block or a floor of your office. Try for a pace of 100 steps per minute, which is easy if you don’t stop to play with tchotchkes on other people’s desks.



**Pro:** No one will notice. Great excuse for a stroll to Starbucks.  
**Con:** Indoor laps get old; outside, you’re at the mercy of the weather. Takes more time than a few quick moves at your desk.

