

# Deskercise

## **What is Deskercise?**

Deskercise is a series of videos developed by the Living Whole Wellness Program that help people get more movement during their day. These videos contain low impact exercises that are fun and can be done at a desk or workstation. Each video is guided by one of our Living Whole team members and is made in an educational manner. We have also created handouts that accompany each video.



Choose from a variety of videos that include flexibility, cardio and strength.

## **How to Bring Deskercise to Your Department**

It is important to create an environment that promotes and supports activity throughout the day. Bringing Deskercise to your department is easy and can be done in a variety of ways! Here are three easy steps to follow to get your team engaged and moving:

- Decide how often you would like to have Deskercise (daily, weekly, monthly)
- Choose the best location (conference room, open area, personal desk, etc.)
- Invite team members through Outlook; be sure to include a short description of Deskercise

## **Things to Consider:**

- ✓ Choose a space that has video and audio capability
- ✓ If the space does not have video/audio, use handout and read the instructions out loud
- ✓ Allow 10 minutes to complete each video
- ✓ If unable to have everyone meet send the link to Deskercise with the session to complete at their desk

Access videos and handouts at: [livingwhole.llu.edu/deskercise](http://livingwhole.llu.edu/deskercise)



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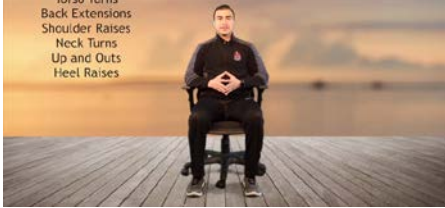
*A Seventh-day Adventist Organization*

## 9 Week Deskercise Schedule

### Week 1

Today's Deskercises:

- Torso Turns
- Back Extensions
- Shoulder Raises
- Neck Turns
- Up and Outs
- Heel Raises

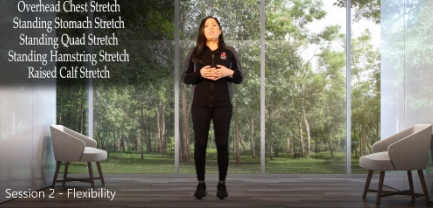


**Type:** Strength  
**Position:** Seated  
**Time:** 8 min 43 sec

### Week 2

Today's Deskercises:

- Arm-Shoulder Stretch
- Overhead Chest Stretch
- Standing Stomach Stretch
- Standing Quad Stretch
- Standing Hamstring Stretch
- Raised Calf Stretch



**Type:** Flexibility  
**Position:** Standing  
**Time:** 9 min 23 sec

### Week 3

Today's Deskercises:

- Side Reaches
- Heel Taps
- Knees to Elbows
- Marching
- Quick Jabs



**Type:** Cardio  
**Position:** Seated  
**Time:** 6 min 58 sec

### Week 4

Today's Deskercises:

- Lateral Crunches
- Chest Flies
- Shoulder Presses
- Bicep Curls
- Quad Extensions
- Toe Raises



**Type:** Strength  
**Position:** Seated  
**Time:** 7 min 27 sec

### Week 5

Today's Deskercises:

- Forearm Stretch
- Shoulder Stretch
- Lateral Side Stretch
- Back Stretch
- Abductor Stretch
- Hamstring Stretch

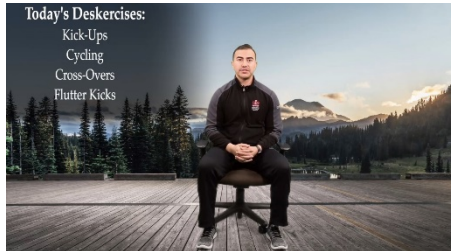


**Type:** Flexibility  
**Position:** Standing  
**Time:** 10 min 22 sec

### Week 6

Today's Deskercises:

- Kick-Ups
- Cycling
- Cross-Overs
- Flutter Kicks



**Type:** Cardio  
**Position:** Seated  
**Time:** 5 min 29 sec

### Week 7

Today's Deskercises:

- Leg Extensions
- Leg Abduction
- Ankle Pumps
- Back Rows
- Tricep Extensions
- Shoulder Front Raises

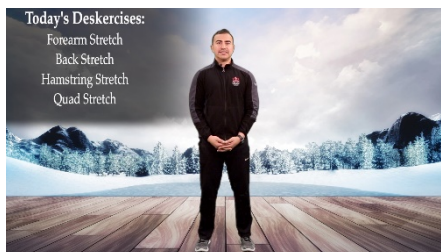


**Type:** Strength  
**Position:** Seated  
**Time:** 8 min 41 sec

### Week 8

Today's Deskercises:

- Forearm Stretch
- Back Stretch
- Hamstring Stretch
- Quad Stretch

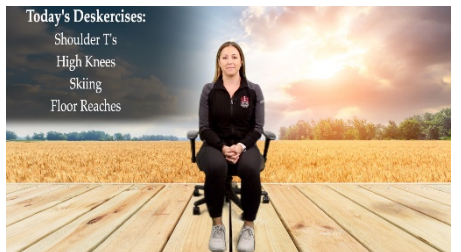


**Type:** Flexibility  
**Position:** Standing  
**Time:** 6 min 9 sec

### Week 9

Today's Deskercises:

- Shoulder Ts
- High Knees
- Skiing
- Floor Reaches



**Type:** Cardio  
**Position:** Seated  
**Time:** 5 min 25 sec



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