

Top of the Hour Activity Challenge

Month _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
— Desk Dips (15 repetitions)	— Wall Sits (1 minute)	— Chair Leg Lifts (1 minute, alternating)	— Wall or Desk Push Ups (1 minute)	— Straight Leg Lateral Raises (15 each side)
— Plank (1 minute)	— Arm Circles (15 Fwd & 15 Bkwd)	— Calf Raises (30 repetitions)	— Alternate Elbow to Opposite Knee (15 each side)	— Single-Leg Balance (1 minute each side)
— Shadow Boxing (1 minute)	— Squats (30 repetitions)	— Seated Bicycle Pedal (1 minute)	— Raise the Roof 30 repetitions	— Standing Kickbacks (15 each side)
— Chair Leg Lifts (1 minute, alternating)	— Desk Dips (15 repetitions)	— Standing Leg Curls (1 minute, alternating)	— Plank (1 minute)	— Single-Leg Balance (1 minute each side)

Top of the Hour Activity Challenge Instructions

Desk Dips—Using a desk or non-rolling chair, sit at the very edge and place your hands on either side of your body while gripping the edge. Plant your feet one or two steps away from the desk or chair. Straighten your arms to lift your body. Then bend your arms to a 90-degree angle so that your body dips down, pause, and then re-straighten your arms while keeping your body raised above the chair or desk. Repeat 15 times.

Wall Sits—Place your back against a wall and move your feet away from the wall. Lower your torso until your thighs are parallel with the floor. In this position, your knees should be in line with your ankles. Hold this position for one minute.

Chair Leg Lifts—Move to the edge of your chair and sit up straight (engaging the muscles in your abdomen and back). Grip the edge of the chair with your hands and lift one leg out in front of you as high as you can. Hold it there for a few seconds and then repeat, alternating sides, for one minute.

Wall or Desk Pushups—Stand one or two feet away from a sturdy wall or about a yard from a desk. Lean forward until your palms are flush against the wall or edge of the desk. Bend your elbows to bring your body towards the wall or desk, hold for two seconds, then push back to fully extend your arms. Repeat for one minute.

Straight Leg Lateral Raises—Stand with your back straight, hands on hips, raise one leg out to the side. Work towards 45 degrees from the floor. Repeat 15 times each side.

Plank—If you would rather not get down in the floor, you can use the edge of your desk or a non-rolling chair to perform a plank. Place your hands on the chair or desk and walk your feet out until your body forms about a 45 degree angle with the floor. Your hands should be directly under your shoulders and feet should be hip width apart with toes curled. Make sure the body is in a straight line from the crown of your head to your heels. Hold this position for one minute.

Arm Circles—stand straight with your feet shoulder-width apart. Raise your arms to shoulder height without bending your elbows. Your arms should be parallel to the floor and perpendicular to your body. Slowly rotate your arms forward to make circles. Repeat 15 times. Then rotate your arms backward 15 times.

Calf Raises—Stand with your feet shoulder-width apart, press up onto your toes, pause at the top and gently lower back down. Repeat 30 times.

Alternate Elbow to Opposite Knee—Sit up straight near the edge of your chair. Place your finger tips on the back of your head with your elbows out wide. Twist your torso to the right and lift your right leg so that your left elbow touches your right knee, pause and then bring your torso back to center. Repeat twisting to the left and lifting your left knee so that your right elbow and your left knee touch. Continue alternating until you have completed 15 repetitions on each side.

Single-Leg Balance—Stand behind a non-rolling chair or something stable. If you need to, place one or both hands on the chair. Lift one leg off the floor and hold for one minute. Repeat on the opposite side. For more of a challenge, try not to hold onto anything. Then, as you progress try closing your eyes or standing on a soft surface.

Shadow Boxing—Sit up straight with your legs wide and your arms in front of you. Make sure that the space in front of you is clear of objects or people. Engage your abdominal muscles and punch the air directly in front of you.

Squats—With your feet hip width apart, bend your knees until they almost come parallel with the floor as if you are about to sit in a chair. Make sure that your knees do not extend out over your toes. As you bend, raise your arms in front of you until they are also parallel with the floor. Pause, then return to standing. Repeat 30 times.

Seated Bicycle Pedal—Sit on the edge of your chair with your hands gripping the edge and lean back. Engage your abdominal muscles to keep your spine in a neutral position. Alternate knees toward chest, keeping the leg bent at a 90 degree angle. Repeat for one minute.

Raise the Roof—While marching in place, push up toward the ceiling with your palms up. When you bring your arms down, your thumbs should almost touch your shoulders. Repeat 30 times.

Standing Kickbacks—Stand facing a wall or non-rolling chair. Keeping your leg straight and your foot flexed, squeeze your glutes to lift your right leg and extend it behind you. Pause and then slowly lower your leg. Repeat 15 times each leg.

Standing Leg Curls—Stand with feet a little wider than hip distance apart. Bend at the knee as if trying to kick yourself in the behind. Alternate legs for one minute.