

DESK PUSH UP

Step 1: Stand, facing your desk, with your hands on the edge of the desk, feet shoulder width apart and about two feet away from your desk.

Step 2: Contract your shoulder blades together behind you, pull your belly in.

Step 3: Begin the decline pushup as you bend your elbows and draw your chest to the edge of the desk. Go down as far as you can without compromising your form.

Step 4: Push back up to standing position.

