

DESK DEMON WORKOUT

WORKOUT GOAL	To help 'loosen' off the body for those that spend long periods of time sat down					
WORKOUT DESCRIPTION	This workout programme contains 3 different workouts. You can choose whether you perform a different one each time you train or stick with the same one for a period of 4-6 weeks before you change to the next workout					
SAFETY BRIEF	Perform a full body effective warm up. Stay hydrated. Select appropriate weight for experience. Please seek guidance from your GP for any injuries or medical conditions					
EQUIPMENT	Freestyle kit, use low resistance					
DURATION	30 - 45 minutes					
WARM UP	2 x 30 secs per exercise	Reverse lunges with overhead reach		Varied foot squats	Varied push ups	
THE WORKOUT	Session design & equipment			Methodology		
	Complete each exercise for 60 secs. Once you have completed all 5 exercises, complete another two sets of all 5 exercises again. Use ViPR & TRX equipment. Take 1 minute recovery between each set			Aim to go through your full range of motion, maintaining a steady and controlled pace		
	Sets	Exercise	Time	Equipment	Exercise recovery	Target reps
	Workout 1	Overhead side bend	60 secs	ViPR	60 secs	12-16 alternating
		Squat rotation	60 secs	ViPR	40-60 secs	12-16 alternating
		Thread the needle	60 secs	ViPR	40-60 secs	10-12
		Reverse lunge with overhead press	60 secs	ViPR	40-60 secs	12-16 alternating
		Slow lateral tilt (opposite hand to direction)	60 secs	ViPR	40-60 secs	12-16 alternating
	Workout 2	Forward lunge (allow straight arms to be pulled overhead then to the sides, 'I' & 'T')	60 secs	TRX	60 secs	12-16 alternating
		Push ups	60 secs	TRX	40-60 secs	12-16
		Rows alternate between palms up and palms out	60 secs	TRX	40-60 secs	12-16 alternating
		Alternating side lunges with rotation	60 secs	ViPR	40-60 secs	12-16 alternating
		Straight leg deadlift, vary feet position with each set	60 secs	ViPR	40-60 secs	12
	Workout 3	Bear crawls forward and back	60 secs	Bodyweight	60 secs	16
Squat and press (reach straight arms behind head)		60 secs	TRX	40-60 secs	16	
Core roll out		60 secs	TRX	40-60 secs	12-16	
Single arm row with reaches		60 secs	TRX	40-60 secs	8 each side	
Foot outside hand mountain climbers		60 secs	Bodyweight	40-60 secs	12-16 alternating	
COOL DOWN	Stretches					
STRETCH	30 secs per stretch	Pigeon stretch	Glute stretch	Cat stretch	Child's pose	Chest stretch
IF YOU LIKE THIS, TRY...	To increase flexibility and alter the postural changes that working at a desk can cause, try one of our Yoga or Body Balance classes					