



YOUR OFFICE & WORK FROM HOME MOVEMENT GUIDE

MOVE MORE. FEEL BETTER. WORK SMARTER.

7 targeted exercises · seated & standing · no equipment needed

FITNESS & WELLNESS

WOMEN-FIRST

DESK-FRIENDLY

SCIENCE-BACKED



■ SCAN TO WATCH

Full follow-along workout video



■ SCAN FOR PLAYLIST

Pump-up workout music mix



Why Movement at Work Matters



"Sitting for more than 6 hours a day increases your risk of heart disease, diabetes, and depression by up to 40%. Just 5 minutes of movement every hour can transform your long-term health."

The Hidden Cost of Sitting Still

Modern working life keeps us desk-bound for longer than ever before. Whether you're in a busy office or working from the kitchen table, hours of uninterrupted sitting quietly takes a toll — stiff hips, aching shoulders, poor circulation, low energy, and a creeping sense of brain fog that no amount of coffee seems to fix.

The good news? You don't need a gym, a yoga mat, or even a spare hour. Research shows that short, regular movement 'snacks' spread throughout your working day are just as effective as a single longer workout when it comes to improving circulation, reducing muscle tension, and lifting your mood. Your body was designed to move, let's give it exactly what it needs.

40% Higher risk of heart disease from prolonged sitting	5 min Movement every hour cuts risk significantly	23% Boost in productivity after micro breaks	↑ 30% Improvement in mood & energy from daily desk exercises
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About This Guide

This PDF companion has been designed to work hand-in-hand with the full follow-along workout video on the channel. Inside you will find all 7 movements in the correct order, complete with step-by-step instructions, the science-backed benefits of each exercise, recommended reps, sets, and how many times per week to perform them.

Pin it to your notice board, save it to your phone, or keep it open on a second screen, whatever works for you. The exercises are split into two sections: **seated movements** you can do right at your desk and **standing movements** you can do beside it. Zero equipment, zero fuss. Just you, a wall, and a chair.

SEATED MOVEMENTS — do these at your desk

01 ■ SEATED

Wrist Rotations

HOW TO PERFORM

Sit tall with both feet flat on the floor. Extend your arms forward at chest height. Make gentle fists and slowly rotate both wrists in large circles — 10 times clockwise, then 10 times anti-clockwise. Keep the movement smooth and controlled, not jerky.

BENEFITS

- ◆ Reduces risk of carpal tunnel syndrome from repetitive typing
- ◆ Improves blood flow and synovial fluid distribution to the joints
- ◆ Relieves stiffness and tension in the forearms and hands
- ◆ Maintains wrist mobility and reduces long-term RSI risk

10 each way

REPS

2

SETS

Every hour

FREQUENCY

- **PRO TIP:** Pair with deep breathing — inhale as you rotate up, exhale as you rotate down.

02 ■ SEATED

Finger Stretching

HOW TO PERFORM

Rest hands on your lap. Spread all fingers as wide as possible and hold for 5 seconds — feel the stretch across the palm. Then make a slow, gentle fist and hold for 3 seconds. Repeat 5–10 times. Finish by lifting each finger off the desk individually (tabletop stretch).

BENEFITS

- ◆ Prevents repetitive strain injury (RSI) from keyboard and mouse use.
- ◆ Improves fine motor dexterity and hand strength.
- ◆ Reduces stiffness and morning puffiness in the fingers.
- ◆ Promotes circulation in the small joints of the hand.

5–10 reps

REPS

2

SETS

Every hour

FREQUENCY

- **PRO TIP:** If your hands feel particularly stiff, run them under warm water first to loosen the joints.

SEATED MOVEMENTS — continued

03 ■ SEATED

Neck Rolls — Side to Side & Into Chest

HOW TO PERFORM

Sit upright with shoulders relaxed and down. Slowly drop your right ear towards your right shoulder and hold for 3–5 seconds. Gently roll your chin down to your chest, pause, then continue to the left side. Hold for 3–5 seconds. Repeat 3–5 times per side. ■■ Never roll your head backwards — this compresses the cervical spine.

BENEFITS

- ◆ Releases chronic tension in the neck, upper traps, and shoulders from screen time
- ◆ Reduces tension headaches and migraines linked to forward head posture
- ◆ Improves cervical range of motion and posture alignment
- ◆ Activates the parasympathetic nervous system — naturally reduces stress and anxiety
- ◆ Improves blood flow to the brain, supporting focus and mental clarity

3–5 each side

REPS

2

SETS

Every 2 hours

FREQUENCY

■ **PRO TIP:** Combine with a shoulder roll (roll shoulders back and down) immediately after for maximum tension relief. Breathe deeply throughout — never force the range.

■ Suggested Addition: Shoulder Blade Squeezes

While seated, draw both shoulder blades together and hold for 5 - 8 seconds, then release. Repeat 10 times. This counteracts rounded-shoulder posture caused by forward screen work and strengthens the mid-back muscles, a brilliant complement to the neck rolls above.

STANDING MOVEMENTS — beside your desk

04 ■ STANDING

Closed-Leg Squats → Curtsy Lunges (Compound Move)

HOW TO PERFORM

Part 1 – Closed-Leg Squat: Stand with both feet together beside your desk. Engage your core, send hips back and down

keeping knees together and tracking over toes. Lower to a comfortable depth, then drive through heels to stand. Complete 10 reps.

Part 2 – Curtsy Lunge: From standing, step your right leg back and across behind the left, lowering both knees to around 90°. Drive back up to standing and repeat on the left. Alternate sides for 10 reps each. Keep chest proud and core tight throughout.

BENEFITS

- ◆ Closed squats intensely activate the inner thighs, glutes medius, and quads
- ◆ Curtsy lunges are the #1 exercise for the gluteus medius — the muscle that creates hip shape
- ◆ Combats hip flexor tightening and glute inhibition from prolonged sitting ('dead butt syndrome')
- ◆ Improves knee tracking, single-leg stability, and pelvic alignment
- ◆ Elevates heart rate — giving a cardiovascular benefit in under 3 minutes

10 squats + 10/side

REPS

3

SETS

3–5x per week

FREQUENCY

■ **PRO TIP:** Hold lightly onto your desk for balance if needed. To increase intensity, add a pulse at the bottom of each squat before transitioning to the lunge.

STANDING MOVEMENTS — continued

05 ■ STANDING

Calf Raises / Assisted Calf Raises

HOW TO PERFORM

Stand directly behind your chair, holding the back lightly for balance (or hands-free for a greater balance challenge). With feet hip-width apart and core engaged, slowly rise onto the balls of your feet, pause at the top for 1–2 seconds, then lower with control. Do not bounce at the bottom — the slow lowering phase is where the magic happens.

BENEFITS

- ◆ Activates the calf-muscle pump — the body's second heart — pushing blood back up to the heart
- ◆ Prevents blood pooling, swelling, and deep vein thrombosis (DVT) risk from prolonged sitting
- ◆ Strengthens gastrocnemius and soleus, reducing ankle and knee injury risk
- ◆ Stimulates lymphatic drainage in the lower legs, reducing puffiness
- ◆ Improves bone density in the lower leg when performed regularly

15–20

REPS

3

SETS

3–5× per week

FREQUENCY

■ **PRO TIP:** Try single-leg calf raises once you build strength. To make it more functional, perform them while on a phone call or waiting for a document to print.

06 ■ STANDING

Lymphatic Draining Calf Bounces

HOW TO PERFORM

Stand with feet hip-width apart, knees soft (never locked). Gently and rhythmically rise onto the balls of your feet and allow your heels to lightly tap back down — think of it as a gentle, relaxed bounce rather than a jump. Keep the movement small, fluid, and consistent. Aim for 60–120 bounces or 30–60 seconds continuous.

BENEFITS

- ◆ Directly stimulates the lymphatic system — the body's waste-removal network
- ◆ Reduces fluid retention, ankle swelling, and that 'heavy leg' feeling after sitting
- ◆ Boosts immune system activity (lymph carries white blood cells)
- ◆ Increases cellular energy and reduces afternoon brain fog
- ◆ Unlike the cardiovascular system, the lymphatic system has NO pump — movement is its only driver

60–120 bounces

REPS

2–3

SETS

Daily

FREQUENCY

■ **PRO TIP:** This is one of the most underrated exercises in women's wellness. Even 2 minutes of calf bouncing stimulates lymph flow equal to a 10-minute brisk walk. Perfect for that post-lunch slump.

STANDING MOVEMENTS — continued

07 ■ STANDING

Wall Push-Ups

HOW TO PERFORM

Stand arm's length from a clear wall. Place both hands flat on the wall, slightly wider than shoulder-width and at shoulder height. Step feet back so your body forms a diagonal line from heels to head — engage your core so your back doesn't sag. Bend elbows to lower your chest toward the wall, then push back to the start. Keep elbows at roughly 45° from your torso (not flared out to 90°).

BENEFITS

- ◆ Strengthens chest (pectorals), shoulders (deltoids), and back of arms (triceps)
- ◆ Activates the core, glutes, and full posterior chain — a full-body compound move
- ◆ Counteracts rounded-shoulder, hunched posture from desk work
- ◆ Increases bone density in wrists, forearms, and upper body
- ◆ Accessible to all fitness levels — easily progressed to incline or floor push-ups

10–15

REPS

3

SETS

3–5x per week

FREQUENCY

■ **PRO TIP:** To increase difficulty, move your feet further from the wall. To make it easier, step closer. Focus on keeping a rigid plank position — this is just as much a core exercise as it is an upper-body one.

■ Suggested Addition: Desk Plank Hold

After your wall push-ups, place forearms on the desk (arms parallel, shoulder-width apart) and step back into a plank position. Hold for 20–30 seconds, keeping hips level. This directly targets the deep core muscles weakened by sitting, and pairs beautifully with the wall push-up to create a mini upper-body and core circuit at your desk.

Your Recommended Weekly Schedule

DAY	SEATED MOVES	STANDING MOVES	FREQUENCY
Mon / Wed / Fri	Wrists · Fingers · Neck	Squats · Lunges · Wall Push-Ups	Full routine
Tue / Thu	Wrists · Fingers · Neck	Calf Raises · Bounces	Light circuit
Every day	Neck rolls	Lymphatic bounces	2 min minimum
Every hour	Wrist + Finger stretches	—	Micro-break



Ready to Take Your Wellness Journey Further?

You've just taken the first step that matters more than you know. Small, consistent movement is the foundation of lasting health. Come and join a community of women who are choosing to prioritise themselves, one micro-workout at a time.

WATCH THE FULL VIDEO

[Click here](#) to follow along with the complete guided workout

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VISIT OUR WEBSITE

Visit [Fuzion Lifestyle](#) for resources, programmes & the full workout library

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Remember: Movement is Medicine. Your body will thank you. ■

This guide has been created for general wellness purposes. Please consult your healthcare provider before beginning any exercise programme if you have existing injuries or medical conditions.