

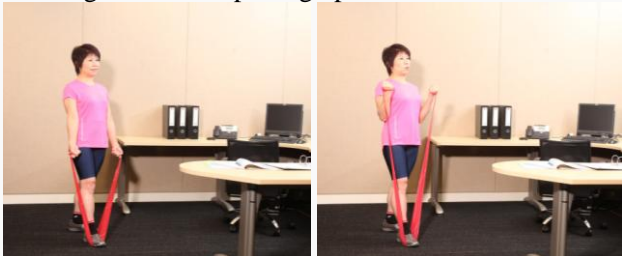
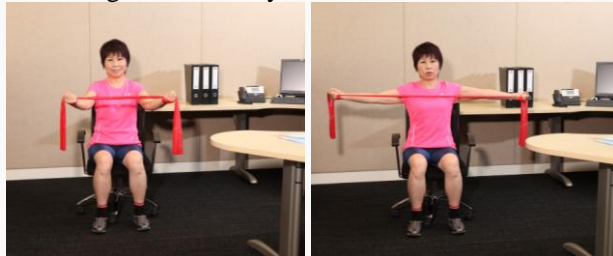


Simple Muscle Exercises to be Done in the Office (Part 1)

In last issue we talked about what is muscle strengthening exercise. In the issue, we will show you some simple exercises for muscle training which can be done in the office. Before beginning such training, please study the following advice first:

- To avoid bone and muscle injuries, increase your training volume gradually. Start with moderate exercises, and then move on gradually to those that require the bearing of heavier weight.
- Start from easy exercises. Target the major muscle groups, such as the chest, shoulders, buttocks, thighs, etc.
- Train each major muscle group for 2 to 3 non-consecutive days per week.
- Train in sets, each containing 8-12 repetitions.

You can attain the recommended exercise volume for muscles even in the office! The following exercises are easy enough for you to train muscles right in the office. See which one suits you better. If you have limited motor function, such as suffering from certain kinds of chronic illness or disabled, consult your family doctor or professionals first before performing muscle strengthening exercise.

Shoulders	
<p>Pulling the elastic band above shoulders; seated</p> 	<p>Pulling the elastic band to shoulders with level arms</p> 
Arms	Back
<p>Bending arms when pulling up the elastic band</p> 	<p>Stretching arms sideways; seated</p> 

These are some of the muscle strengthening exercises that can be done in the office. All you need is an elastic band, which is easy to use and store away. Besides, you can also lift the heavy objects around you, such as canned food, books or bottled water, or even train with your own body weight, for muscle toning. In next issue we will talk about exercises for other major muscle groups.