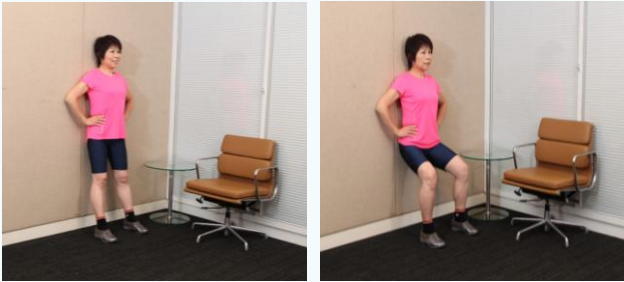
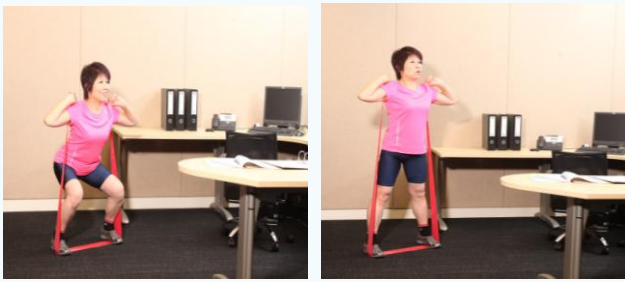
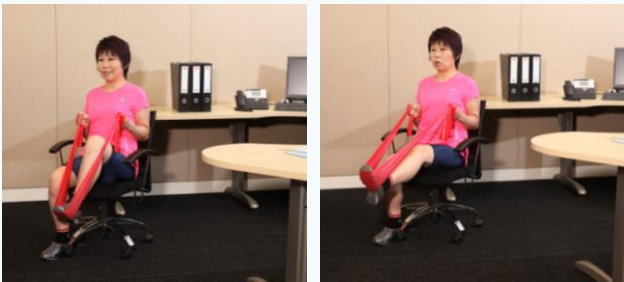
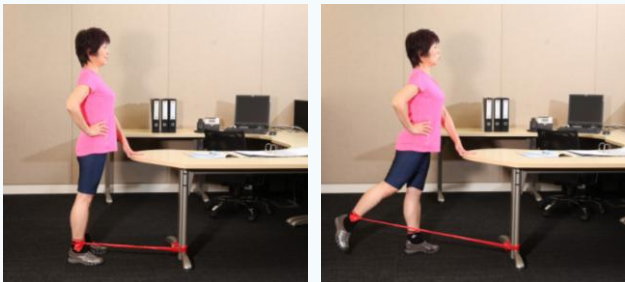
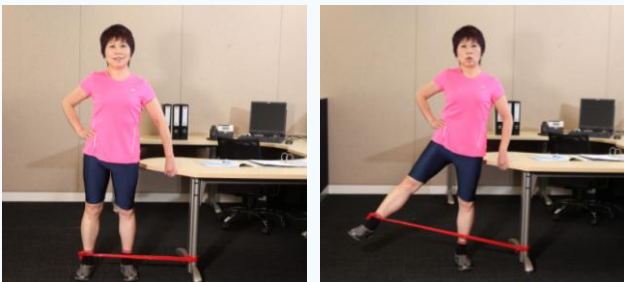



Simple Muscle Exercises to be Done in the Office (Part 2)

In this issue, we are going to demonstrate a few exercises to train major muscle groups; these exercises are mainly intended to train the lower limbs. The “equipment” is simple: all you need is an elastic band and a chair / a fixed object as support. The exercises are easy to do in the office.

Hip and thighs		Calves	
<p>Squat against floor</p> 	<p>Squat on elastic band</p> 		
<p>Single leg stretch against elastic band, seated</p> 	<p>Backward hip stretch against elastic band</p> 		
<p>Sideways hip stretch against elastic band</p> 	<p>Calf raise on elastic band</p> 		

Remember to do stretching before and after muscle training to make sure that the body transits smoothly from the static to active state; this will also enable the body to recover more quickly after training. If you don't have any elastic bands, you can still use a book, a bottle of water or any everyday object in the office to do simple exercises to attain the same goal. Muscle training is simple and effective in general; make it a habit for yourself, and enjoy!