**Balance on One Foot**

- Close your eyes if you're really brave.
- Work on your inner ballerina.
- Perfect for long conference calls.
- Do not attempt while standing on a table.

Raise one leg while standing on the other, acknowledge your obvious amazing-ness, switch legs.

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**Chair Dips**

- Sweat is just a byproduct of awesomeness.
- Arms or hands, even the first lady would be jealous.
- Can be done in pants, dress, skirt, or yoga.
- For obvious reasons, do not attempt if your chair has wheels.

Lower yourself below chair, use arms to pull yourself back up, take a break to admire your bulging triceps, repeat.

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**Lunges**

- Good for your hips, and subsequently, your dance moves.
- Support is just calories crying.
- Legs so strong you could back squat an elephant if you had one conveniently nearby.
- If you ripped your pants you went too low.

Step forward with one leg about two feet from the other stationary leg, lower your upper body while keeping your torso upright, then feel the sweet, sweet burn.

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**Air Squats**

- A+++ Hold weights if you’re an over-achiever.
- Buns of steel (yeah, we said it).
- Your quads will feel like they’re on fire (note, they won’t actually be on fire).
- High-heel friendly, but maybe not ice skates.

Stand straight and slowly squat down as if to sit, keeping your knees in line with your toes. The burning sensation in your legs is totally normal.
**Take the Stairs**

Stair climbing leads to blood circulation, which leads to feeling pretty dang cool!

Leads to an extremely buff pair of lungs

Walk off the morning pancakes

1+1+1+1=1
Count as you walk to improve your math skills

Calves so muscular they should be illegal

Give the elevator the cold shoulder.
Take the stairs whenever possible during the day. Steps to taking the stairs: step up, step up again, repeat.

**Stack and Stretch**

Do not attempt while standing under a ceiling fan

Inhale and exhale like a yoga master

Flexibility of a gold medal gymnast

Music isn’t mandatory, but it could really get you in the zone

Stack your joints by clasping your hands together, reaching for the ceiling, then going up and down on your toes. Feel at peace with the universe, and your muscles.

**Wall Sit**

It’s a hands-free activity, so you can knit or snap or fave or none.

Just pretend you’re sitting on a throne.

If a really cute kitten could sit on your leg, your form is perfect

It works every major muscle in your legs, so you can reconsider becoming a soccer superstar

**Wall Push-ups**

Get mom-approved posture

The upper body of a Spartan

Chiseled abs like a Greek God

Legs straight, feet together, heels down (so you won’t be frisked)

Stand facing the wall with your feet together, place hands slightly wider than your shoulders, lower your body toward the wall, resist the urge to kiss your bicep, and push away.