

Leg Exercises You Can Do While Sitting

It's leg day! Next time you feel like you've been sedentary at work for too long, take a quick break and try these strengthening exercises!

Leg Circles

Sit at the edge of your chair with your left leg bent and your right leg straight. Slowly make small circles to the right with your straight leg. Gradually make the circles bigger, and then switch directions starting with small circles going to the left. After you are finished with your right leg, switch it up and do the same thing on the left leg. Try doing 30 seconds of leg circles to the right and then 30 seconds to the left on each leg.

Keep your back straight!

It will help you engage your core muscles too and get more out of each exercise

Butt Squeezes

Easy peasy! Just sit in your chair, squeeze your butt for a few seconds, and then release. Try doing this for one minute.



Knee Raises

Alternating legs, lift your knees up as high as they can go before switching. To make the exercise more difficult, lift both knees at the same time. Do this for a minute, rest for a minute, then repeat.

The Alphabet

Sitting at the edge of your chair, lift one leg and simulate painting each letter in the alphabet on the floor with your toes. Then flex your foot and repeat the alphabet, but with your heel slightly touching the ground. Switch legs after completing the alphabet with your toes and heel at least one or two times through.

As with all strength exercises, remember to breathe smoothly and steadily throughout each movement! Holding your breath can raise your blood pressure dangerously.

Source: "Tone Your Thighs and Butt While Sitting Down." *FitDay*. Web. 16 Feb. 2015.

<<http://www.fitday.com/fitness-articles/fitness/exercises/tone-your-thighs-and-butt-while-sitting-down.html#b>>.

Image: <http://www.grandparents.com/health-and-wellbeing/exercise-and-de-stress/chair-exercises>