ON THE JOB

**Stretch**

3 min
- Always stretch and warm up before you exercise
- Do not bounce
- Feel each stretch
- See Stretching Instructions, pp. 77–84

1. 15 sec p. 81
2. 10 sec p. 82
3. 15 sec each leg p. 79
4. 15 sec each leg p. 79
5. 15 sec p. 81
6. 5 sec, 3 times p. 82
7. 5 sec, 2 times p. 81
8. 15 sec p. 81
9. 5 sec each side p. 84
10. 10 sec p. 79

**Lift**

12 min
- Set = a fixed number of repetitions
- Rep = a repetition
- See Lifting Instructions, pp. 85–108

1. 1 set 10–20 reps p. 105
2. 1 set 15–20 reps p. 98
3. 1 set 8–12 reps p. 91
4. 1 set 2–12 reps p. 98
5. 1 set 10–25 reps p. 87

**Move**

10–20 min
- Do anything that gets your heart rate up
- See Moving Instructions, pp. 64–76

RUN IN PLACE
10 min

OR

WALK DURING LUNCH
20 min

OR

WALK WITH WEIGHTS
15 min

OR

CLIMB STAIRS
3 times a day

This program is for people who either sit or stand every day at work. This program will take 5–15 min.

Photocopy this page and keep it at your workplace.

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