

May Employer Sponsored Activity: 60 Second Challenge

Get set, go, your 60 seconds begins now!!

We have an exciting new opportunity for you to participate in called the 60 Second Challenge to encourage movement throughout the day and get you away from the computer for a minute. It is proven that those who take breaks throughout the workday are to be more productive.

The 60 Second Challenge encourages you to be physically active for 60 seconds every hour of the workday. The exercises are predetermined with modifications and variations that can be completed in any order throughout the day and at any point within the hour.

The unique aspect of the challenge is that you will have completed 8 minutes, of the recommended 30 minutes, of physical activity each day by incorporating it into your workday.

To participate you can use the tracking sheet and the exercise resource sheet. The tracking sheet allows you to track your completed exercises throughout the day and how many reps if you choose to do so. The exercise resource sheet will provide you with descriptions and pictures on how to properly perform each exercise along with modifications and variations. **When you have completed the 2-week tracking sheet you can email Benefits@uww.edu a picture of it.**



It is helpful to set hourly reminders for yourself or you can set a daily reminder and snooze it every hour, so it keeps coming up throughout the day.

Following the challenge, you can do another two-week challenge with new exercises which is also included. You are not required to do this to earn credit it would be an option to benefit yourself and your health.



60 Second Challenge

Round 1 Exercises

Tips/Notes:

- Notice that modifications are available for each exercise.
- You can choose to do a different variation of the exercise each day to change it up or do the same one each day so you can try and increase reps.
- Always have the option to substitute the exercise with deep breathing or stretching.
- Take your time and focus on your form because that is more important than reps.
- Exercises can be done in any order throughout the day, so it is beneficial to plan when you are going to do the exercises. For example, you have a meeting that you know will last the whole hour, so you plan to do calf raises at your desk during that meeting.
- These exercises are chosen to target the whole body.

1. Inchworm

- Variations:** Standard inchworm or inchworm push up.
- Standard Inchworm:** It is important to make sure that your core is engaged, and you are hinging at the hips. Stand with your feet shoulder width apart and reach your hands toward the floor in front of your feet. There should only be a slight bend in your knees as you are slowly reaching closer to the floor and once your hands get to the floor in front of your feet walk your hands forward, one at a time. You will end up in a plank position forming a straight line with your body. Try and keep your legs straight and walk your feet towards your hands, one at a time. Stop when your feet have reached your hands and slowly stand up tall.

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- c. **Modifications:** Stand with feet wider apart, don't focus on getting all the way flat, or you can go down on your knees and then bring your arms out from there.

2. Squats

- a. **Variations:** Classic squat, lateral squat walk, squat pulse, sumo squat, squat jump, wall squat and many more. Can also grab a can of beans to hold or even a water bottle or anything in your surrounding area to add weight.
- b. **Classic Squat:** Stand with feet shoulder width apart and bend at the hip and the knees as if you are sitting in a chair, making sure you are sticking your butt out and not rounding your back. Keep your head and chest lifted and keep your knees over your ankles but leaning back into the heels.

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- c. **Modification:** Slowing down the pace of the squats, only going as low as you can go, or getting up and sitting down in your chair for that minute.

3. Push Ups

- a. **Variations:** Wide hands push up, diamond push up, knee push up, or pike push up.
- b. **Classic Push Up:** When lowering keep your head in line with your toes, without sagging any part of your body including the mid-section. Try and keep a tight core during the push up by pulling in your belly button to your spine. You want to lower your arms down into a 90-degree angle.

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- c. **Modification:** Instead of having your legs straight go down onto your knees and have your legs crossed.
 - i.



4. Lunge (30 seconds each leg)

- a. **Variations:** Reverse lunge, lunge jumps, walking lunge, forward lunge, or curtsy lunge.
- b. **Reverse Lunge:** Stand with one foot forward and the opposite foot 3 feet behind and bend the knees so your body goes towards the floor. Ensure that you are standing nice and tall and engaging the core by trying to pull that bellybutton in. When you lower your body make sure that your front knee is behind your toes.
 - i.



- c. **Modification:** Lunge with a chair in front of you as support to hold onto or if lunges are hard on your knees you can do single leg balance on each leg.

5. Stair Climbers

- a. **Variations:** Run up and down stairs, every other step, or sideways step.

- b. **Standard Stair Climb:** Walk up and down your stairs making sure you are standing tall with good posture.
- c. **Modification:** If you do not have stairs you could either choose to do high knee taps or the motion as if you were walking up stairs.

6. Calf Raises

- a. **Variations:** Single leg calf raise, weighted calf raise, or raised calf raise.
- b. **Standard Calf Raise:** Starting with your feet flat and then standing you on your toes raising your foot up and down.
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- c. **Modification:** Can either choose to walk in place or do single leg balance.

7. Glute Squeeze

- a. **Variations:** Glute Squeeze pulses, glute bridge, or single leg bridge.
- b. **Glute Squeeze:** Standing with one leg extended behind you squeeze your glute and hold for three seconds. Alternate between the two legs. Making sure that you are squeezing really tight when your leg is behind you.
 - i.



- c. **Modification:** One option is to not hold for the three seconds and just bring your leg back and forth.

8. Plank

- a. **Variations:** Forearm plank, knee plank, single leg plank, or side plank.
- b. **Classic Forearm Plank:** Making sure that forearms are on the floor, elbows are directly below the shoulders and your butt is tucked down. Trying to keep a straight line across your body and focusing on the core.
 - i.



c. **Modified Plank:** Go down on your knees which can help with low back pain.

i.



Resources

1. <https://no.pinterest.com/pin/459859811947780386/>
2. <https://www.verywellfit.com/how-to-do-the-inchworm-exercise-4685855>
3. <https://heidipowell.net/9917/exercise-movement-glossary-squats/>
4. <https://www.openfit.com/how-to-get-better-at-push-ups>
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7. <https://www.popsugar.com/fitness/photo-gallery/31081972/image/31081978/Calf-Raises-Basic>
8. <https://www.lifehack.org/292578/7-things-that-will-happen-when-you-do-planking-exercise-every-day>
9. <https://www.pinterest.com/pin/537195061786920789/>
10. <https://www.standupdeskstore.com/standing-news/10-exercises-to-do-at-your-stand-up-desk/>



60 Second Challenge

Round 2 Exercises

Tips/Notes:

- Notice that modifications are available for each exercise.
- Can choose to do a different variation of the exercise each day to change it up or do the same one each day so you can try and increase reps.
- Always have the option to substitute the exercise with deep breathing or stretching.
- Take your time and focus on form because it is more important than reps.
- Exercises can be done in any order throughout the day, so it is beneficial to plan when you are going to do the exercises. For example, you have a meeting that you know will last the whole hour, so you plan to do arm circles at your desk during that meeting.

1. Leg Raises

- Double Leg Raise:** This is going to target your abs so make sure you are feeling that burn. Lie on your back with your arms by your side or at the bottom of your spine under your butt to protect your spine. Now keep your back and legs straight, raise your legs until they are pointed towards the ceiling and then slowly lower. Repeating this exercise. To challenge yourself don't let your legs touch the floor for the whole minute.

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- Variations:** Double leg raise, single leg raise, scissor kick, or corkscrew leg lifts.
- Modification:** When legs are up only bringing them down to a 45-degree angle and raising them back up or you can do knee tucks which is having your legs straight out in front of you and then driving them into your chest. You can also always choose to let your legs lower down and touch the ground every repetition.

2. Wall Sit

- Standard Wall Sit:** Make sure your back is against the wall with your feet shoulder width apart and are forming a right angle with your hips and knees. Check that your knees are directly above your ankles. Try to hold this position as long as you can, remembering

that time is intensity for this exercise the full minute is going to be hard so take breaks if need be. Slowly come back up when you are finished.

i.



b. Variations:

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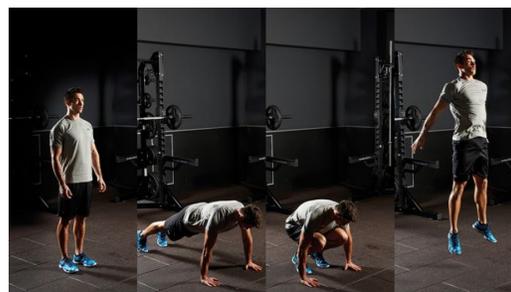


c. Modifications: Taking as many breaks as you need to, if you are not comfortable with going all the way down to the 90 degree aim for 30 or 45 degree. Can choose to do any variation of a squat instead or you can always walk it out for that minute.

3. Burpees

a. Standard Burpee: Start standing shoulder width apart with your hips back and drop down into a squat. Then place your hands on the floor in front of you inside your feet. Jump your feet back and land on the balls of your feet in a plank position. Now you are going to jump your feet back, so they land on the outside of your hands. Reach your arms above you and explosively jump in the air. You will land in squat and repeat. This exercise is meant to be done fast.

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b. Variations: Can add a push up to the plank position or add knee tuck to the jump.

- c. **Modifications:** At any points that involve jumping you can step it out and slowly move into each position. Can also break all the movements into individual exercises so pushups, squats and a jump. You always have the option to jog in place.

4. Sit-Ups

- a. **Standard Sit-Up:** Lie on your back your knees slightly bent and your arms resting behind your head. Engage your core while keeping your feet flat on the floor and try to sit up.
 - i.



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- b. **Variations:** Pulse sit-up, V sit-up, bicycle crunch, russian twist, crossed arm sit-up, or reverse crunch.
- c. **Modifications:** For this exercise you can do the variations as modifications or any form of ab exercise that you prefer.

5. Bridge

- a. **Standard Bridge:** Lie on your back with your feet flat on the floor and your arms straight out by your side. Push through your feet and engaging your core raise your butt off the ground. It is important to remember to squeeze your glutes at the top. Return to the starting position and repeat.
 - i.



- b. **Variations:** Single leg bridge, bridge pulse and hold at the top, marching bridge, or bridge with a kick.
- c. **Modifications:** Really slowing down when doing the exercise and resting and taking breaks on the ground when needed.

6. Plank to Downward Dog

- a. **Standard:** Starting in a high plank position, your hand should be stacked under your shoulders and feet close together. With your core engaged pike your hips back into the downward dog position. Hold for a second and then return to the high plank position.
 - i.



- b. **Variations:** Plank, plank pike up with toes taps, downward dog knee to elbow plank, or plank to downward dog walk up.
- c. **Modifications:** Can choose to bend your knees if your hamstrings are feeling tight or can break the exercise up and do downward dog or just high plank.

7. Bird Dog

- a. **Standard:** This exercise will focus on balance and stability. You will start by getting on all fours making sure that your hands are directly underneath your shoulders. Pull your shoulder blades together and raise your right arm and left leg keeping your shoulders and hips parallel to the floor. You will hold this position for a few seconds and then lower back down to starting position and raise your left arm and right leg. You will continue this for a minute. Make sure that your hips stay level the whole time and keep your spine neutral by engaging your core.

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- b. **Variations:** Weighted bird dog, bird dig from push up position, bird dog knee to elbow, or bird dog crunch.
- c. **Modifications:** Ease into the movement by just raising one limb at a time instead of doing it simultaneously or keep your arms and legs closer to the ground and not raising them so high. Can also choose to do pelvic tilts or bridge pose.

8. Arm Circles

- a. **Standard:** Stand with your feet shoulder width apart and extend your arms out parallel to the floor. Then circle your arms forward using a forward controlled motion, gradually making the circles bigger until you feel a stretch in your triceps. About 30 seconds in reverse the direction of your arms. This is a great one to be done during a meeting.

i.



- b. **Variations:** Change having your palms face up or down, both arms straight out making circles, or both arms overhead making circles. If you really want to challenge yourself, you can choose to do push ups instead of arm circles. Could also to choose to add in a cardio element by doing jumps with the arm circles.
- c. **Modifications:** Take the arm circles slow or choose to do one arm at a time.

References:

- <https://www.coachmag.co.uk/exercises/home-exercises>
- <https://in.pinterest.com/pin/324962929355480511/>
- <https://www.coachmag.co.uk/exercises/full-body-exercises>
- <https://www.shutterstock.com/image-vector/woman-who-fat-doing-sit-on-715195228>
- <https://greatist.com/health/plank-to-downward-dog#benefits>
- <https://www.healthcentral.com/slideshow/best-strength-exercises-for-ms>
- <https://www.healthline.com/health/bird-dog-exercise#takeaway>
- <https://www.builtlean.com/bird-dog-exercise/>
- <https://sportmob.com/en/article/773793-the-most-effective-ways-to-lose-arm-fat>