

# 12 Daily Microworkouts

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1

Get up and do **10** squats every hour



2

Stand up for **60 seconds** while browsing the web or answering emails



3

Do **20** side leg raises every time you come back to your desk



4

Do **20** leg raises or flutter kicks while watching TV



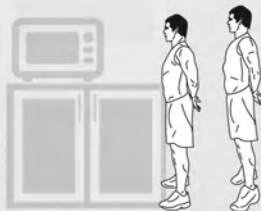
5

Do **10** tricep dips during game re-spawn and trailers



6

Do **40** overhead punches during TV or YouTube commercials



7

Do **10** calf raises while making food or waiting for it to be microwaved



8

Do **10** half-jacks while the kettle boils water



9

Do **10** side-to-side lunges every time you make a cup of coffee



10

Stand on one leg while waiting for someone or something



11

Stretch up & reach for the door frame every time you pass through one



12

Hold an elbow plank while browsing the web on smartphone or tablet