

## Motion Zone: In The Office

### Wall Push Up

Put both arms on the wall.

Pull your stomach in and lower yourself to the wall.

Push yourself back up.

Lift one leg to make the exercise more challenging.

Repeat 12-15 times.

### Split Squat

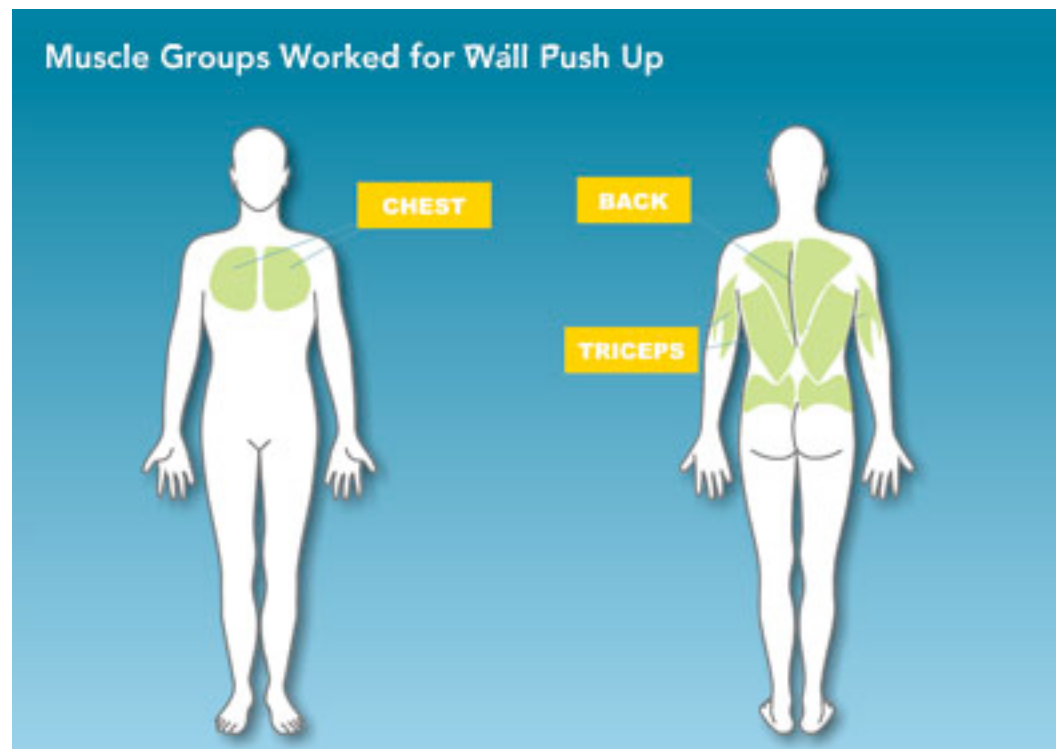
Take a wide step with your legs.

Lean your body weight on the heel of your front foot.

Lift up on the toe of your back foot.

Lower down to the ground and then push yourself back up.

Repeat 12-15 times on each leg.



## Muscle Groups Worked for Split Squat

