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office worker simple fitness program. A lot of work friends, have said that the usual busy, no time to go to the gym. So here's the plan, combined with oxygen and strength. For you to exercise at home. Take time off for 30 minutes each day, 5 minutes of warm up, 15 minutes of exercise, and 10 minutes of relaxation. action 1: in situ side jump 1, exercise method (1) was ready for posture, hips backward push, knees slightly curved. (2) the right foot to jump off the floor, hands and arms to the left swing. (3) pause for a moment after the left foot. (4) for the left foot to jump off the ground, right hand swing. The right foot with the ground, the left foot can not touch. Double jump. 2, the number of times of exercise: 30 seconds to do the best. 2: dumbbell goblet squat extension1, exercise method A: his hands holding dumbbells at one end, let the dumbbells in the vertical direction, legs open and shoulder width B: the abdominal muscles tighten, hips backwards, squat down, so that the thigh is parallel to the floor. action C(1) to maintain the posture, both hands will push forward the dumbbell, and the arm completely straight, parallel to the floor. (2) will be pulled back to the chest and stood up, the above is a set of actions. action 3: spider man push up 1, exercise method (1) showed a pushup position, head to ankle in a straight line. (2) body downward pressure, and lift the foot, right leg to the front stretch, try to let the knee hit the elbow. Back to the starting position, for the left foot to lift. 2, the number of times of exercise: legs take turns doing 5-6. action 4: support after the shift type 1, exercise method < p > A: put a towel on the floor, tiptoe pad on the towel, the body was flat position, using the forearm resist floor, elbows on the shoulder below. action B(1) to shrink the lower abdomen, clamping gluteus group, the arm will push back, toe upon the towel slipped back. (2) you will feel the core muscles tighten and then pull back to the starting position. The above is a set of actions. 2, exercise times: 8-10 group. special reminder: one breath to complete the four sets of actions, as a cycle. Cycle can rest between 60 to 90 seconds, 15 minutes as much as possible to complete the cycle as many times as possible. original address: muscle Wang

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