

# Worksite Exercises

**Squats  
Position**



**Wall Sits**



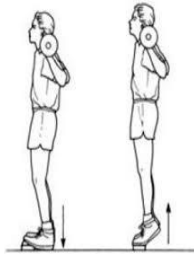
**Proper Sitting**



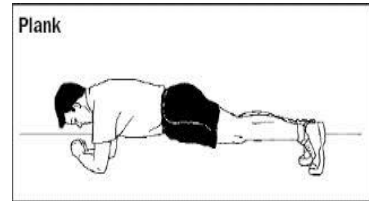
**Leg Raises**



**Calf Raises**



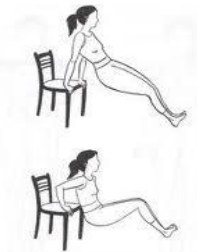
**Plank**



**Push Ups**



**Chair Dips**



**Side Planks**

