

## Office break workout with GYMSTICK



1. Front squat with one leg military press



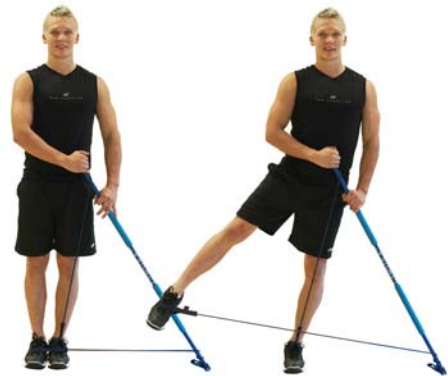
2. Standing body rotation



3. Triceps press



4. Bar row



5. Abduction



6. Upright row



7. "Good morning"



8. Biceps curl