

# Work out in small space

Don't have a gym membership and hate the outdoors? These simple exercises can be done in a small space and require just a few minutes of your day. "When you're feeling a bit sluggish at your desk, you can incorporate these exercises as part of your daily activities," said ActiveSG trainer Samantha Low, 25. She demonstrates some moves.

## Starfish squat and reach\*

1 Stand with your legs shoulder-width apart, then squat and cross your arms to touch the opposite leg.



2 Stand up and stretch your arms up.



## Side-to-side balance\*

1 Hop from one leg to the other, landing lightly on your foot with your knees slightly bent, raise arms straight up and hold the position for three seconds.



2 You may add a toe reach. Control balance before hopping.



## Cross-body shoulder stretch

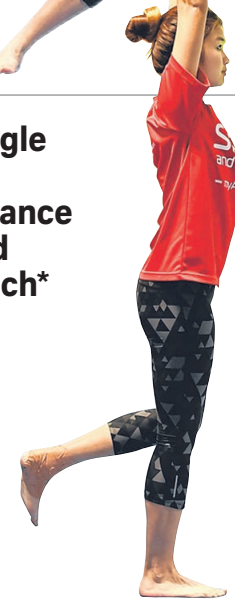


1 Stand with your feet positioned more than shoulder-width apart and lean towards your left (knees still forward facing), slightly bent, with your right leg extended straight to the side. Cross your arms above your body.



2 Rotate your trunk to the left. Keep your back straight at all times. Hold position for 30 seconds before repeating on the other side.

## Single leg balance and reach\*



1 Balance on one leg starting with a soft knee, slightly bent, and raise both arms straight above your head.

2 Bend down to reach towards the ground. Keep your back straight, hinge at the hips towards the back and bend your knees further as you reach to the ground.



## Squat to crawl\*

1 Squat, making sure your knees do not cross over your toes.



2 Crawl forward into a push-up position, reaching out as far as you can and holding for two seconds. Make sure your back is parallel to the ground.



3 Crawl back to the squat position, stand up and raise your arms overhead.

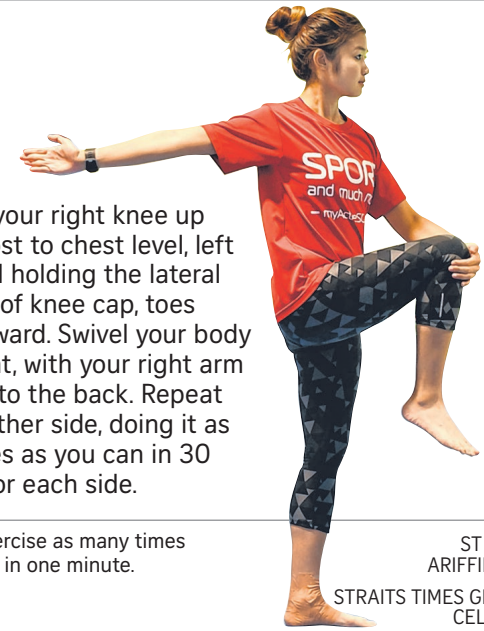


## Split stance, rotation and knee lift

1 Start with your left leg in front, knee slightly bent, and your right leg extended. Touch the lateral side of your left knee cap with your right hand, while extending your left arm to the back.



2 Lift your right knee up almost to chest level, left hand holding the lateral side of knee cap, toes facing forward. Swivel your body to the right, with your right arm extended to the back. Repeat with the other side, doing it as many times as you can in 30 seconds for each side.



\* Repeat exercise as many times as you can in one minute.