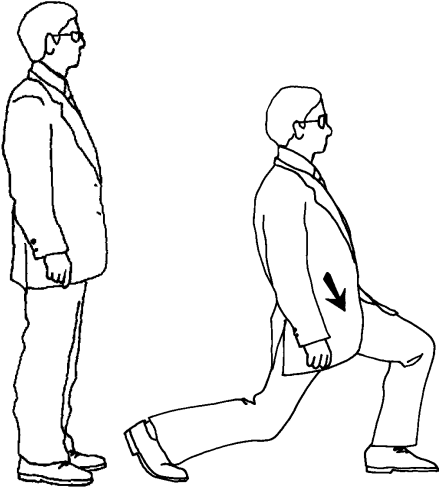


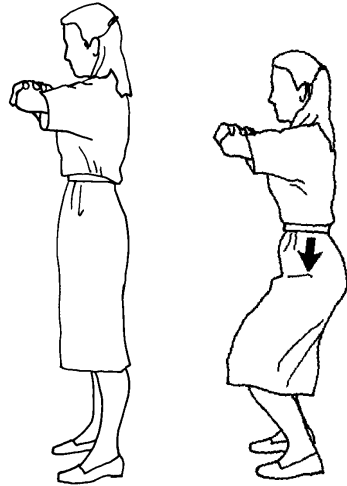
Office Exercises

By Bill Pearl

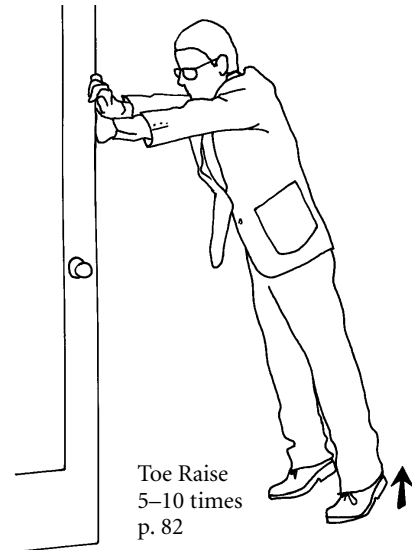
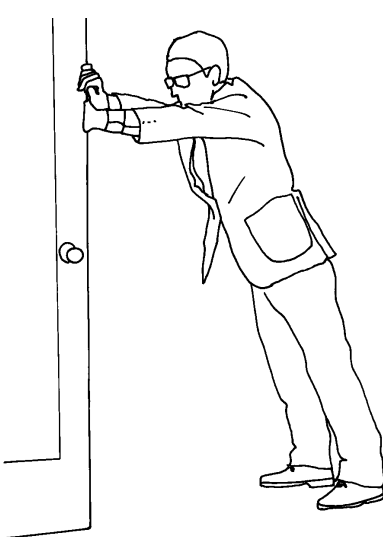
Sitting much of the day causes loss of muscle tone due to inactivity. Here are a few light muscle-strengthening exercises from four-time Mr. Universe Bill Pearl. They can be done in the office with no equipment. (This is weight training without the weights — using only your body weight.) Use your imagination for other things you can do.



Front Lunge
5–10 times
p. 82



Quarter Squat
7–12 times
p. 82



Toe Raise
5–10 times
p. 82