DECEMBER DESK CHALLENGE

Finish the Year Strong

WEEK OF: _____

DAY	8 AM	10 AM	12 PM	2 PM
MONDAY	☐	☐	☐	☐
TUESDAY	☐	☐	☐	☐
WEDNESDAY	☐	☐	☐	☐
THURSDAY	☐	☐	☐	☐
FRIDAY	☐	☐	☐	☐

YOUR 5-MINUTE RESET:

DESK PUSH-UPS (1 min) • Hands on desk, 10-15 reps

CHAIR SQUATS (1 min) • Tap seat and stand, 15-20 reps

CALF RAISES (1 min) • Behind chair, 30-40 reps (your 'second heart'!)

STANDING STRETCHES (2 min) • Side bends, twists, shoulder rolls

DECEMBER SUCCESS TIPS:

- Set phone alarms for each reset time - stay consistent through the holidays
- Find an accountability partner from the Chamber
- Close your office door - this is year-end CEO health time
- Week 1: Start with 2 resets daily | Week 4: Hit all 4 daily
- Combat end-of-year fatigue - finish strong and start January with momentum

Ready for more? studiostrong.fit/ChamberStrong

Part of the Chamber of Commerce Business Performance Series