PHOTOS: JON MCKEE, COURTESY DR. PHIL SHOW

THE OFFICE WORKOUT

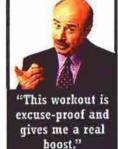
Too busy working to work out? Don't tell Dr. Phil ...

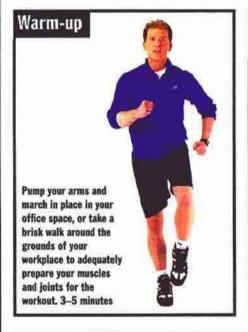
queezing in an effective, rejuvenating workout into your work environment (or even your living room) is not only possible, it's easy.

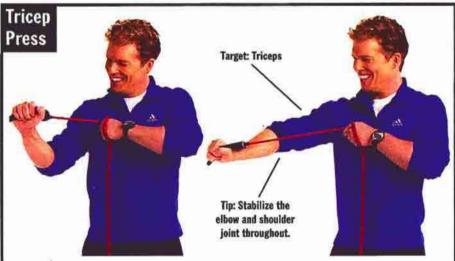
Want proof?

Even when taping two shows a day, juggling production meetings and other responsibilities, Dr. Phil himself can be spotted in his office doing a few quick but effective exercises like the ones featured here, devised by his personal trainer, Robert Reames (below).

"In mere minutes, these exercises get his blood flowing, raise his metabolism, and release some of those feel-good endorphins," says Reames, who also trains Dr. Phil's wife, Robin, and the Weight Loss Challengers. "And they can do the same for you." All you need is your body, elastic tubing with handles (sold at most sporting goods stores or at www. execufitlife.com), and a few minutes free from your phone and e-mail.







Hold the tubing with your left hand next to your shoulder joint at shoulder level. Hold the handle with your right hand. Keep approximately a 6- to 8-inch slack in the tubing. Fully extend the right elbow and return to starting position. Switch to the left side and repeat. Reps: 8–12 Sets: 2–3



