

THE OFFICE WORKOUT

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

Squeezing 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.executifitlife.com), and a few minutes free from your phone and e-mail.



"This workout is excuse-proof and gives me a real boost."

Warm-up



Pump your arms and march in place in your office space, or take a brisk walk around the grounds of your workplace to adequately prepare your muscles and joints for the workout. 3-5 minutes

Tricep Press



Target: Triceps

Tip: Stabilize the elbow and shoulder joint throughout.



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

Lateral Raises



Target: Shoulders

Tip: The wider your stance, the higher your resistance (difficulty) level.

Stand with feet firmly planted and knees slightly bent, with tubing securely underneath the middle of each foot. Raise your arms to the side to just below shoulder level and return to the starting position.

Reps: 8-12
Sets: 2-3

Bicep Curls



Target: Biceps

Stand with feet firmly planted, tubing securely underneath the middle of each foot. Hold tubing handles directly beside you with palms facing outward. Bend elbow to just past 90 degrees and return to starting position.

Reps: 8-12
Sets: 2-3

Tip: For greater stability, keep knees slightly bent.