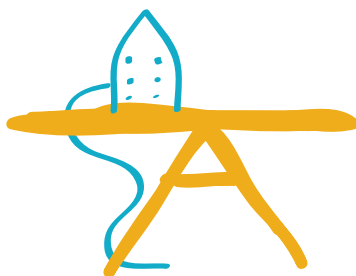


Workout at Work: Chair Dips



Sweat is just a by-product of awesomeness



Abs so hard you could iron on them, but please don't

Arms so toned even the first lady would be jealous



For obvious reasons, do not attempt if your chair has wheels

Can be done in pants, dress, skirt, or toga

Lower yourself below chair, use arms to pull yourself back up, take a break to admire your bulging triceps, repeat.




Intermountain
LiVe Well