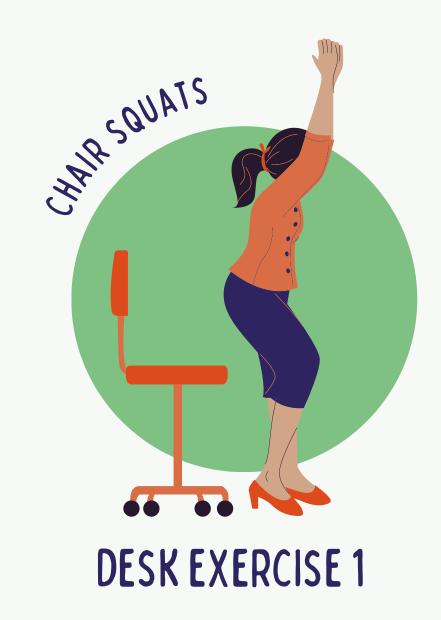
## LEARN HOW TO WORK OUT AT THE WORKPLACE **EARN HOW TO WORK OUT AT THE WORKPLACE**

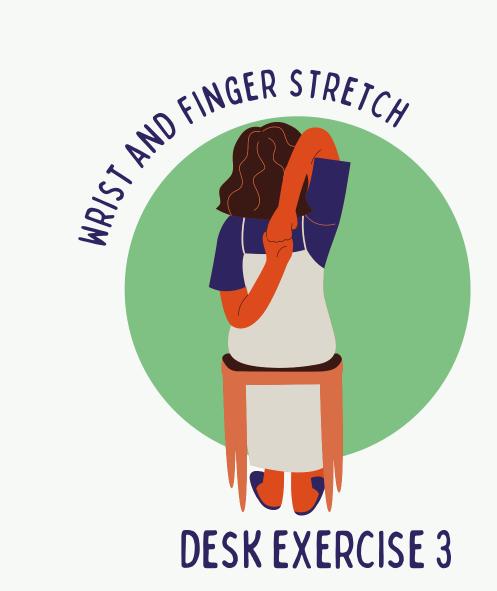
YOU CAN BOOST YOUR ENERGY AND IMPROVE YOUR POSTURE WHILE AT YOUR DESK WITH THESE EXERCISES.





**DESK EXERCISE 2** 







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