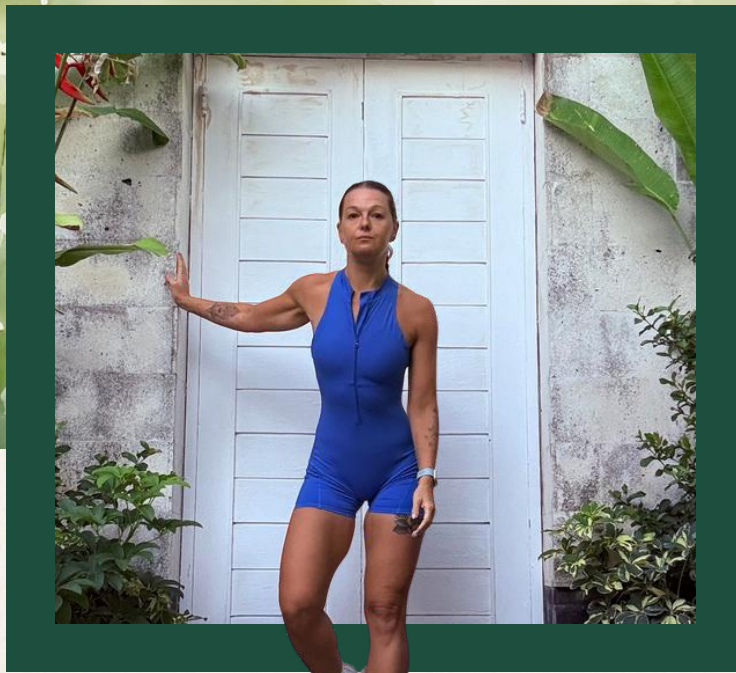


A top-down view of a desk with a laptop, coffee, flowers, and notebooks. The background is a soft, warm-toned image of a desk. In the upper left, a person's hands are typing on a silver laptop. To the right of the laptop is a black coffee cup with a white lid. Further right is a small bouquet of light pink flowers. Below the flowers is a lit candle in a glass holder. In the lower right, there are several spiral-bound notebooks, one with a blue pen resting on it, and a small container of food. The overall lighting is soft and warm, creating a cozy and productive atmosphere.

DESK-FRIENDLY EXERCISES FOR THE *Busy Queen*



By: Keelie Louise



Hey friend!

Life gets busy; between meetings, emails, and that never-ending to-do list, finding time for exercise can feel impossible. Movement doesn't have to be big or perfect to make a difference.

Here's a desk-friendly workout guide designed for the woman juggling a million things but still wanting to prioritise her health and energy.

These simple exercises can be done right at your desk, no equipment, no sweat (literally!).

It's all about starting, starting small and starting now. Starting to move in a way that's simple and feels good to you.

You got this.

*xoxo
Keele Louise*

Seated Leg Extensions

- Sit tall, engage your core.
- Extend one leg out straight, squeeze the quad, hold for 3-5 seconds.
- Lower and switch.
- Aim: 10-15 reps per leg.



Desk Push-Ups

- Stand and place hands on your desk (make sure it's sturdy!).
- Walk your feet back to a plank angle.
- Lower your chest toward the desk and press back up.
- Aim: 10-12 reps.



Glute Squeezes

- Stay seated.
- Squeeze your glutes like you're holding a credit card between your cheeks.
- Hold for 5 seconds and release.
- Do this 10-15 times throughout the day.



Seated Shoulder Press

- Raise arms to 90° with elbows bent (like you're holding invisible dumbbells).
- Press arms up overhead and bring them back down.
- Bonus: Add light hand weights or water bottles!
- 12-15 reps.



Seated Marches

- While seated, lift one knee, then the other like you're marching.
- Engage your core and keep a steady pace.
- Go for 30-60 seconds.



Desk Angels

- Sit tall, arms bent like goalposts.
- Slowly raise and lower your arms while keeping your back straight and core tight.
- This opens the chest and strengthens postural muscles.
- 10-12 reps.



Calf Raises (Standing or Seated)

- Lift heels off the ground, squeeze calves, lower back down.
- Can be done seated or standing behind the chair.
- 15-20 reps.



PRO *Tips*

Set a timer every hour to move for 2–3 minutes.

Reminder:

Small consistent actions > all-or-nothing mentality.

This is about **getting the body moving, boosting mood,**
and starting a positive feedback loop.

The text "Bonus Trackers" is written in a dark teal, cursive script. It is centered and surrounded by a sunburst of thin, yellow, dashed lines radiating outwards.

Bonus Trackers

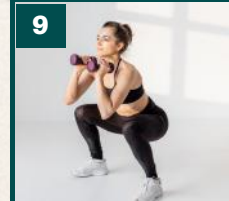
OTHER WORKOUTS YOU CAN TRY

To Get Flat Abs, Smaller Leg & Arms

ROUND 1

1 	2 	3 	4 	5 
HIGH PLANK	BACK PLANK	SIDE PLANK	BACK DIP	SQUAT
3 Sessions	3 Sessions	3 Sessions	3 Sessions	3 Sessions
30 Sec each	30 Sec each	30 Sec each	10x Each	25x Each
15 Sec rest	15 Sec rest	15 Sec rest	15 Sec rest	15 Sec rest

ROUND 2

6 	7 	8 	9 	10 
SIT UP	DONKEY KICK	SUMO LEG STRETCH	SUMO SQUAT	RUSSIAN TWIST
3 Sessions	4 Sessions 2 left, 2 right	1 Session	1 Session	2 Sessions
30x Each	30x Each	30x Stretch	20x Squats	25 Sec each
45 Sec rest	45 Sec rest	45 Sec rest	45 Sec rest	15 Sec rest

[illegible]

Weekly WORKOUT PLANNER

Mon Tue Wed Thu Fri Sat Sun

Daily Motivation

Water Intake



Today's Goal

Workout

- ☐ Cardio
- ☐ Stretch
- ☐ Back
- ☐ Core
- ☐ Leg
- ☐ Rest Day
- ☐ Arms
- ☐ Booty

Activity

Activity	Step	Reps	Weight	Time

Meal

Breakfast:

Lunch:

Dinner:

Snack:

Summary

Total Workout:

Calories Burned:

Noted

Date :

MY MOOD TRACKER

Journal

My Feeling

About My Day

Self Reflection

Why I felt bad

What went well

What i'm grateful for :

Mental health

DAILY TRACKER

Date _____

Mo Tu We Th Fr Sa Su

How am I feeling this morning?



Great



Good



Okay



Not good



Awful

My sleep last night was



Approx. hours _____

Get up time _____

Day to do list













Today I intend _____

Eye exercises

1

2

3

Cups of water

1

2

3

4

5

6

7

Evening to do list













How am I feeling this evening?



Great



Good



Okay



Not good



Awful

Am I satisfied with this day?



I am grateful today for

What I like about myself today

What I managed to do today

What I would like to tell myself for tomorrow

Notes

How and what would I like to feel tomorrow

joy appreciation empowered enthusiasm fun
proud strong active love passion freedom
happiness optimism belief hope inspired
courage interest amusement gratitude delight
relaxed calm confident curious focused
worthy thrilled self-respecting kind

7 Day Habit tracker



Keeping track of your habits can help you stay on track and achieve your goals. Fill out your top 12 goals and mark them off each day you successfully complete them.

WEEK OF: _____

HABIT / SELF-CARE STEP

S M T W T F S

01	☐	☐	☐	☐	☐	☐	☐
02	☐	☐	☐	☐	☐	☐	☐
03	☐	☐	☐	☐	☐	☐	☐
04	☐	☐	☐	☐	☐	☐	☐
05	☐	☐	☐	☐	☐	☐	☐
06	☐	☐	☐	☐	☐	☐	☐
07	☐	☐	☐	☐	☐	☐	☐
08	☐	☐	☐	☐	☐	☐	☐
09	☐	☐	☐	☐	☐	☐	☐
10	☐	☐	☐	☐	☐	☐	☐
11	☐	☐	☐	☐	☐	☐	☐
12	☐	☐	☐	☐	☐	☐	☐

REFLECTION NOTES

Affirmation

Even in the busiest seasons of life,
I choose to honour my body with
movement that feels good.

Small steps count. My energy
matters. And every moment I show
up for myself adds to my strength.

I don't need perfection,
I just need to start.



Hello! I am
KEELIE LOUISE

Want deeper support or 1:1 guidance?

Let's talk: Free Spark Session

Let's stay connected:

Follow me on IG: [@thesoberhypegirl](#)

[Join the waitlist](#)

[Sign up for my newsletter](#)

Be the woman you promised yourself you'd become