
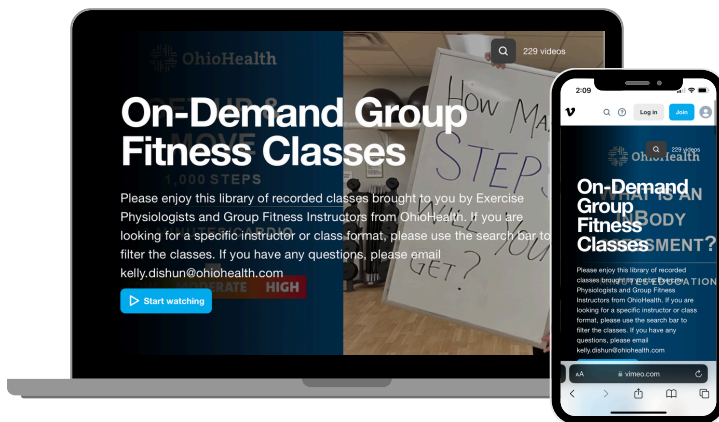


DESK/CHAIR EXERCISES

BROUGHT TO YOU BY OHIOHEALTH

(1) To access the library of exercises, click the Get Started Now button below. Use password **Power**.

(2) Once logged in, locate the magnifying glass icon  in the top right. Type in "Desk", or "Chair" to see workspace-friendly workouts, or simply browse the library.



(3) Click a video you would like to follow along to and start!

GET STARTED NOW

use password **Active**.



AND MORE!