



## **Office Exercises**

**Lucie Armstrong**

‘Office Exercises’ is a photographic series translating the repetitive daily routine of contemporary society.

### **Research Process**

The research process included the use of choreographed and improvised movements and poses to visually communicate the repetitive actions used in the workplace. Aspects of the absurd, the everyday and the links between health and the workplace formed the framework of the series.

### **Research Insights**

‘Office Exercises’ is a photographic series translating the repetitive daily routine of contemporary society. Office exercises are promoted to the work force through the use of corporate signage around the workspace, communicating the importance of health and wellbeing. This communication is often in conflict with the realistic nature of work environments, that can often result in a narrative of long work hours, burnout and exhaustion. The performance of the exercises symbolises the ongoing pressure to achieve and produce whilst experiencing feelings of restriction and inertia.

### **Dissemination**

The project was disseminated via exhibition at ‘Beyond the Camera’, Diesel Engine Factory B1, Pingyao International Photography Festival, ‘Jump’, The Gallery Liverpool, Look Photo Biennial and a poster campaign.













Lucie Armstrong, Office Exercises  
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**PINGYAO INTERNATIONAL PHOTOGRAPHY FESTIVAL 2019**  
**SHANXI PROVINCE CHINA 19th - 25th September**

## **Beyond the Camera**

**Diesel Engine Factory B1**

Lucie Armstrong . Serena Aureli . Laura Blight . Gary Bradnick . Abbey Bratcher .  
Alannah Cooper . Janet Ruth Davies . Samuel Fordham . Emily Graham . Shane Hynan .  
David Jones . Katherine Lockett . Kelly Anne O'Brien . Nazanin Raissi . Niamh Smith .  
Chris Sykes . Mark Templeton . curated by Sian Bonnell . image © David Jones

