

OFFICEFIT POWERBREAKS

With out Equipment

How: Secure the posture of the upper body, by engaging your abs and core. Pull one leg backwards while keeping it stretched. Bring It back and change leg.

Why: Glutes can be overloaded in a static sitting position. This will lead to an inappropriate posture in the sitting position. By strengthening the glutes and lumbar muscles your body will more easily maintain the appropriate sitting position.

1

Lumbar curves



2

Raised hands

How: Bring your arms above your head with flexed hands and bring them down again to the side. Repeat the exercise by flexing the wrists up again.

Why: With a lot of deskwork your muscles in the forearm and in your shoulders can be overloaded. By moving wrists and arms over your head you will start fluid and blood circulation which decreases accumulation of lactic acid and fluid in your hands and fingers.



3

Squats with rotation

How: Stand hip width apart with your feet. Sit down as you were sitting on a chair - go as far down as your mobility allows you. Engage your core throughout the exercise. When you are in the standing position rotate your body.

Why: Squat trains your glutes, the rotation will loose up in the spine.



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How: Stand on flat feet and tilt so that you stand on your toes. Tilt down again and repeat. You can also use the wobble board to get the same effect.

Why: The exercise helps you to get better blood circulation and reduces swelling in your legs and feet.

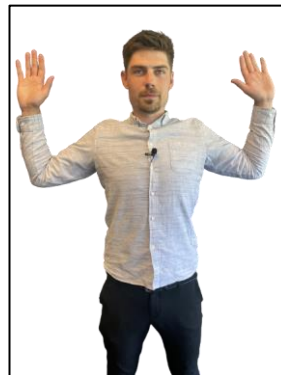
1 Calf raises to improve blood flow



How: Bring your arms above your head with elbows flexed at 90 degrees to the side. Stretch the arms up and down while you try to pull the elbows backwards.

Why: With a lot of deskwork your muscles in the chest and shoulders can be overloaded in a static position. By stretching and moving those muscles you will start fluid and blood circulation and reduce pain and stiffness.

2 Shoulder press



How: Stand or sit with a good posture. Move you head in front of your body, and then move it back – tucking in your chin. Make sure you chin is following a straight line

Why: When you are focusing on the screen, you are bending a little bit In your neck. Your muscles in the neck will be overloaded by trying to remain in a postural position. By dynamic movements. you strengthen the neck muscles and give them oxygen..

3 Turtle push

