

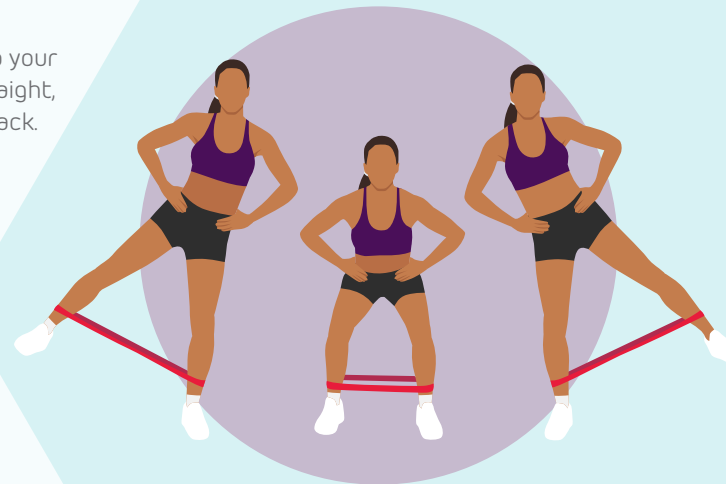
Exercise at your homedesk

CORE AND LOWER-EXTREMITY

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- 1 Put the elastic band around your legs, just above your knees.
- 2 Spread your feet slightly apart.
- 3 Squat down, with your back straight.
- 4 Stand up straight. Keep your back straight, head straight, chest up, and elbows back.
- 5 Repeat 10 times.



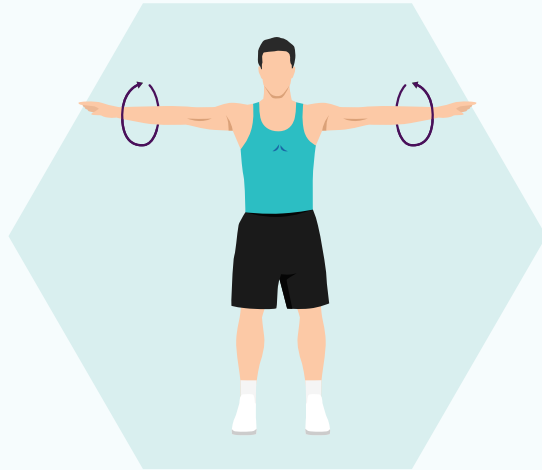
- 1 Put the elastic band around your legs.
- 2 Bring one leg, stretched outwards.
- 3 Repeat 10 times.
- 4 Do the same thing with your other leg.
- 5 Repeat 10 times.

- 1 Stand straight and place one foot backwards.
- 2 Keep your back straight and bend through both knees.
- 3 Repeat 10 times.

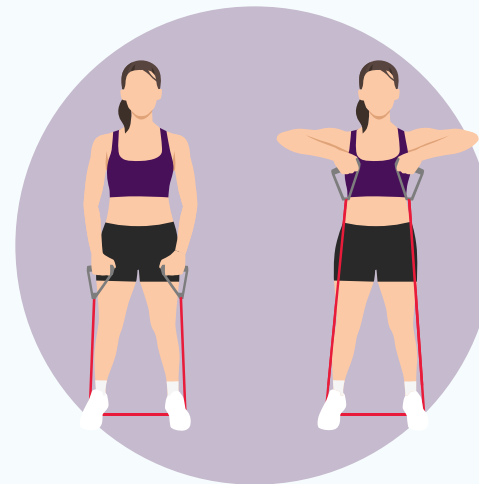


Exercise at your homedesk

ARMS



- 1 Keep your arms stretched out towards you at a 90-degree angle under your armpits.
- 2 Spin around with your full arm.
- 3 Repeat in the other direction.



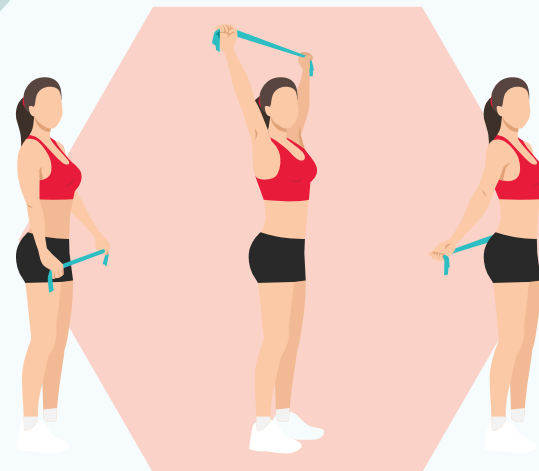
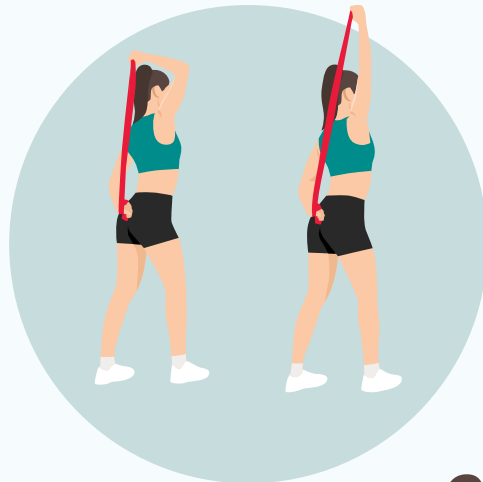
- 1 Place your feet side by side.
- 2 Place the elastic band under your feet.
- 3 With both arms, pull the strap up. Your elbows go outwards while doing this.
- 4 Go back down with your arms.
- 5 Repeat 10 times.

Exercise at your homedesk

ARMS



- 1 Bring your left arm to your backside with one end of the elastic band in your hand.
- 2 Grasp the other end with your right hand. Place this hand behind your head.
- 3 Pull the elastic band up with your right hand. Your left hand remains on the spot.
- 4 Bring your arm back to your head.
- 5 Repeat 10x and then switch hands.



- 1 Take the elastic band in your hands.
- 2 Keep your arms extended.
- 3 Bring your arms out through which you pull on the elastic band.
- 4 You can do these exercises at hip height, shoulder height and above your head.
- 5 Repeat 10 times.



Exercise at your homedesk

ABDOMINAL MUSCLES

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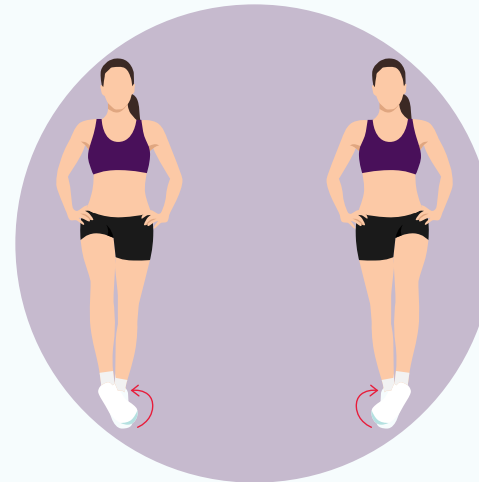


- 1 Stand with your legs spread apart.
- 2 Keep your hands behind your head.
- 3 Tap the opposite knee with your elbows.
- 4 Repeat 10 times.

- 1 Choose a free wall.
- 2 Stand with your back against the wall and sink through your knees.
- 3 Your knees and hips are at a 90-degree angle.
- 4 Keep this up for as long as you can.
- 5 For these exercises, use your thigh muscles, abs and back muscles.



- ✓ Do your exercise 3x/week.
- ✓ After sitting for 1 hour, do 2 exercises. Turn this into a routine.
- ✓ Plan the exercises with colleagues as an active break.
- ✓ Start out easy and increase resistance when you can do 20 repetitions in a row.



- 1 Stand upright.
- 2 Tighten your abdominal muscles.
- 3 Stand on one leg.
- 4 Turn in circles with the foot that is not on the ground.
- 5 Try to find a good balance.
- 6 After 10 circles, alternate with the other foot.