

Power Breaks Programme 3

1. Roll Your Wrists & Paint the Ceiling



1 minute

Benefits of this exercise:

- ✓ Increases blood circulation in the entire upper body
- ✓ Improves concentration and focus
- ✓ Exercises wrist, elbow and shoulder mobility

- 1) Stand with good posture and elbows bent.
- 2) Make circular motions with your wrists, then with your elbows and finally with your shoulders. After 30 seconds, reverse the direction of your circles. First with your shoulders, then with your elbows and finally with your wrists.

2. The Egyptian



10-20
repetitions or
1 minute

Benefits of this exercise:

- ✓ Increases blood circulation in the entire shoulder region
- ✓ Relieves neck tension
- ✓ Relieves headaches
- ✓ Improves concentration, memory and focus

- 1) Stand with your arms as shown in the picture, turning your head to the side that has the arm pointing downwards. Remember to lower your shoulders to avoid unnecessary tension in your neck.
- 2) In a fluid motion, rotate your arms to point in the opposite direction while turning your head to the other side.

3. Side bends



1 minute

Benefits of this exercise:

- ✓ Increases blood circulation in all abdominal and back muscles
- ✓ Improves mobility in the entire spine
- ✓ Improves coordination and balance

- 1) Stand with your feet hip width apart with good posture and look straight ahead.
- 2) Bring your right hand down towards the outside of your right knee, bending sideways. Come back up and repeat to the other side.

4. Better Posture



1 minute

Benefits of this exercise:

- ✓ Increases blood circulation in the shoulder and neck region
- ✓ Improves posture
- ✓ Exercises upper back

- 1) Stand with good posture, elbows bent and upper arms down by your sides.
- 2) Rotate your forearms outwards as far as you can without lifting your shoulders. Pull your shoulder blades together. Return your arms to the starting position.

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5. Cat Stretch



1 minute

Benefits of this exercise:

- ✓ Exercises lumbar muscles
- ✓ Improves mobility in the entire spine
- ✓ Increases blood circulation around hips, lower back, neck and shoulders

- 1) Standing with feet slightly apart lean your upper body forward, bend knees and place hands on thighs.
- 2) Pull shoulders backwards towards buttocks and arch your back as much as possible. Then round your back, looking down at your stomach.

6. Chest Stretch



20-30
seconds on
each side

Benefits of this exercise:

- ✓ Improves mobility in the shoulder joints
- ✓ Improves posture
- ✓ Reduces lower back pain

- 1) Find a colleague, a wall or a door frame and stand slightly in front of him/it, facing sideways. Reach your left arm backwards, bending elbow in a 90-degree angle, and place your hand against your partner's hand or the wall.
- 2) Press elbows and forearms together, rotate your body away from your partner or the wall and hold position.

7. The Plank



2 x 25
seconds,
resting 10-30
seconds
between

Benefits of this exercise:

- ✓ Exercises all core muscles, particularly around the spine, shoulders, front and back of neck
- ✓ Improves energy level

- 1) Place elbows on the floor or on a raised platform, place knees on the floor and actively press elbows into the surface.
- 2) Lift knees off the ground, straightening body completely. Hold position while tightening buttocks. Hold your head in a straight line from the spine.

8. Walkouts



1 minute
or 8 repetitions

Benefits of this exercise:

- ✓ Increases blood circulation in the entire body
- ✓ Exercises shoulders, arms, abs, back and leg muscles
- ✓ Raises pulse rate and increases oxygen delivery to the brain

- 1) Stand with good posture.
- 2) Bend your knees until you can reach the floor with your hands. Walk hands forward until your body is completely straight with your hands right below your shoulders. Hold your head in a straight line from the spine. Walk hands back towards your feet, bending knees to a squat position. Then stretch back legs to return to starting position.