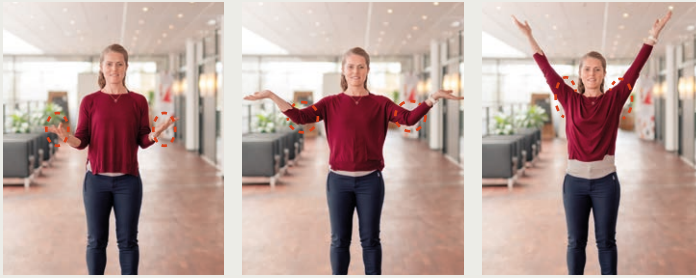




Power Breaks

Programme 2

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.

Power Breaks

Programme 2

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.

5. Squats



⌚ 10-15 repetitions or 1 minute

Benefits of this exercise:

- ✓ Exercises buttocks and lower back

1. Stand with feet shoulder-width apart, feet pointed slightly outward. Cross arms over the chest and stand with good posture.
2. Bend your knees, leaning the upper body slightly forward. Bend your knees as much as you can, or until the back of your thighs are parallel to the floor, with your weight in your heels and keeping your knees behind your toes. Rise back up to the starting position.

6. The Pigeon



⌚ 30 seconds

Benefits of this exercise:

- ✓ Improves upper back and neck mobility
- ✓ Relieves neck tension
- ✓ Prevents headaches and shoulder problems
- ✓ Improves concentration

1. Stand with good posture and arms extended by your sides. Look straight ahead.
2. Move your head forward as far as you can without moving the rest of your body. Pull your head back again, pull in your chin, making a double chin.

Power Breaks

Programme 2

7. Flap Your Wings



🕒 10-15 repetitions or 1 minute

Benefits of this exercise:

- ✓ Increases blood circulation in the upper back and shoulder region
 - ✓ Prevents tension headaches
 - ✓ Reduces neck and upper back tension
1. Stand with good posture, place two fingers against your temples and point elbows outward. Lower your shoulders and look straight ahead.
 2. Move elbows in toward each other. Open arms out again, pulling elbows backward until you feel tension in the upper back.

8. Sweeping Exercise



🕒 1 minute

Benefits of this exercise:

- ✓ Increases blood circulation in the entire body
 - ✓ Relieves tension in upper back and neck
 - ✓ Raises pulse rate
 - ✓ Increases energy level
1. Stand with feet slightly apart and with good posture. Lift arms above your head, stretching them out.
 2. Bring arms down in front of you in a sweeping motion, moving the upper body down over your legs. Let arms swing past your legs until they come to a natural stop. Swing arms back and straighten up your body until the arms are once again stretched out above your head.