

Power Breaks Programme 1

1. Roll Your Wrists & Paint the Ceiling



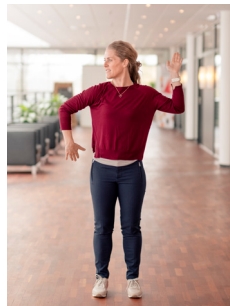
1 minute

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. Circle Your Hips



5-10
repetitions
each way or
1 minute

Benefits of this exercise:

- ✓ Increases blood circulation in the hip, lower back, thigh and lower leg regions.
- 1) Stand with feet hip width apart and with good posture. Look straight ahead.
 - 2) Rotate your hips in large circles, moving hips forward, to one side, backward and to the other side. First circle one way, then the other.

6. Shoulder Shrugs



10-15
repetitions or
1 minute

Benefits of this exercise:

- ✓ Increases blood circulation in the neck and upper back regions
 - ✓ Boosts energy level
 - ✓ Relieves neck tension
- 1) Stand with good posture and arms extended by your sides.
 - 2) Lift shoulders up towards your ears and hold position while holding your breath and counting to five. Then drop shoulders back down.

7. Hug a Tree



Benefits of this exercise:

- ✓ Stretches muscles in upper back and the back of shoulders
 - ✓ Relieves neck tension
- 1) Stand with feet slightly apart and raise arms in front of you.
 - 2) Bring hands together as if you were closing your arms around a tree trunk. Lower head and round upper back as much as you can.

30-60
seconds

8. Side Stretches



Benefits of this exercise:

- ✓ Reduces tension in lower back and hips
 - ✓ Improves posture and mobility in the entire spine
- 1) Stand with feet together and with good posture.
 - 2) Reach one arm toward the ceiling as far as you can. Grab the wrist of your other hand, pulling the arm over your head while bending to the side. Think about lengthening the side of your body. Repeat to the other side.

20-30
seconds to
each side