



TIPS

1-2 MIN BREAK EXERCISE

TAUKOLIIKUNTAPISTE
ACTIVE BREAK STATION

VINKKEJÄ / IDEAS

BICEP CURLS WITH RUBBER BANDS OR 1 KG DUMBBELLS, 10 REPS.



**SQUATS WITH YOUR OWN
BODY WEIGHT
5 REPS / LEG,
10 REPS TOTAL.**



LEG LIFTS

5 REPS / LEG,
10 REPS TOTAL.



HEEL TOUCHES TOWARD BUTTOCKS

5 REPS PER LEG,
10 REPS TOTAL.



**SHOULDER ROTATIONS
WITH EXERCISE STICK
15 SECONDS PER DIRECTION,
30 SECONDS TOTAL.**



STRETCH YOUR ARMS USING AN EXERCISE STICK 20 SECONDS.



STRETCH YOUR BACK USING AN EXERCISE STICK

**REPEAT THREE TIMES AND
HOLD THE STRETCH FOR 5
SECONDS.**



**STRETCH YOUR FRONT
THIGHS BY GRABBING YOUR
ANKLES,
BEND YOUR LEGS TOWARDS
YOUR BUTTOCKS
STRETCH FOR
10 SECONDS / LEG.**



UPPER ARM STRETCH

10 SECONDS / ARM.



TRICEPS STRETCH

10 SECONDS / ARM.

