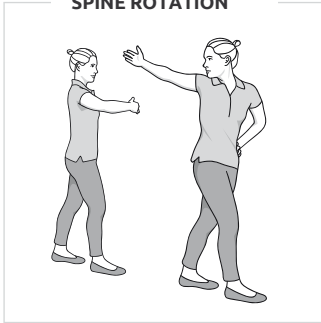


Even with simple exercises you can bring movement into your daily work routine and counteract possible posture problems or back pain. In addition, a short, moving break improves concentration and increases productivity.

Here you will find a short (5 minutes) program which will help you to prevent typical complaints caused by long periods of inactivity. Doing these exercises regularly enhances muscular stability, prevents tension and ensures a healthy posture

SPINE ROTATION



- ✓ Move only the upper body, the hips remain stable, the knees point straight ahead
- ✓ 5x each side

HIP MOBILIZATION



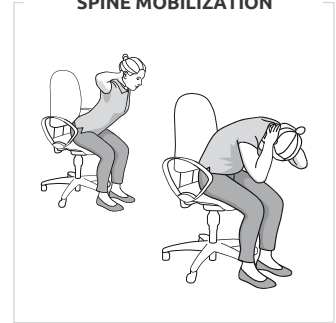
- ✓ Activate your abs slightly, your back is straight and stable
- ✓ hold the stretch 20-30 seconds each side

NECK STRETCH



- ✓ Your eyes stay straight and the shoulders are relaxed
- ✓ hold the stretch 20-30 seconds each side

SPINE MOBILIZATION



- ✓ Perform the movement slowly and controlled
- ✓ 5x

- > Mobilization of the spine
- > Relaxation of chest and shoulder muscles

- > Release of the hips
- > Mobility improvement of the hip flexor

- > Stretching the neck muscles
- > Mobilization of the cervical spine

- > Mobilization of the spine
- > Relaxation of chest and back muscles