ACTIVE WORKPLACE

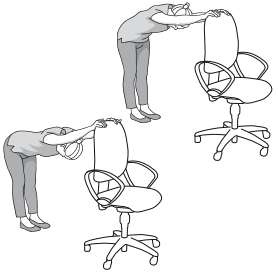
UPPER BACK

movement24
Betriebliches Gesundheitsmanagement

SHOULDER CIRCLES

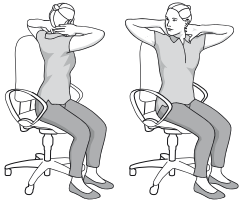
HEAD NOD

BACK STRETCH FRONTAL



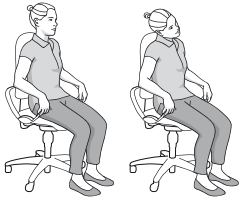
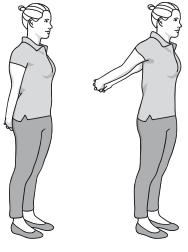
HYPEREXTENSION

ROTATION SEATED



BACK STRENGTHENING

NECK STRETCH SIDEWAYS



SHOULDER MOBILIZATION