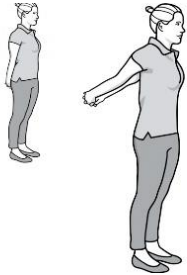




ACTIVE WORKPLACE

UPPER-/ LOWER CROSS SYNDROME

SHOULDER MOBILIZATION



BACK STRETCH



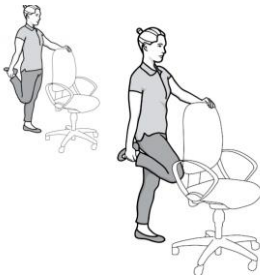
BACK STRENGTHENING



HYPEREXTENSION



HIP STRETCH



LEG ACTIVATION



LEG STRENGTHENING



UPPER BODY ROTATION



Tip:

- moving exercises 8-12 repetitions
- static exercises hold for about 30 seconds

Depending on the time you can do here 1-3 passes per exercises