

It's time for an active movement break!



- Perform the exercises with controlled, steady movements and maintain regular breathing.
- Gently shake out the body parts that have been worked after the exercises.
- Ideally, perform mobility, strengthening, and stretching exercises twice a week.
- If you have any health conditions and/or experience pain, please consult your doctor beforehand.



The exercises are performed at your own risk.

Mobilisation

Picking Apples

Starting position: Stand with your feet shoulder-width apart and extend your arms towards the ceiling.

Movement: Alternately reach towards the ceiling with your arms fully extended, stretching your whole body. Perform 5–8 repetitions on each side.



Shoulder Circles

Starting position: Stand with your feet hip-width apart. (Optional: Place your fingertips on your shoulders.)

Movement: Circle your arms forwards (5–8 repetitions), then backwards (5–8 repetitions). Focus especially on the movement backwards and downwards.



Torso Rotations

Starting position: Stand upright with your knees slightly bent. Place your hands behind your head.

Movement: Slowly rotate your upper body from side to side as far as it is comfortable. Keep your hips facing forward and do not rotate them with your upper body. Perform 5–8 repetitions on each side.



Strengthening

Wall Push-Off

Starting position: Stand facing the wall, about 1–2 foot lengths away. (The greater the distance, the more intense the exercise.)

Movement: Slowly lean your upper body towards the wall and place both palms against it. Push yourself firmly away from the wall with both hands. Perform 5–8 repetitions.



Back Strengthening

Starting position: Stand with your feet shoulder-width apart and let your arms hang loosely by your sides.

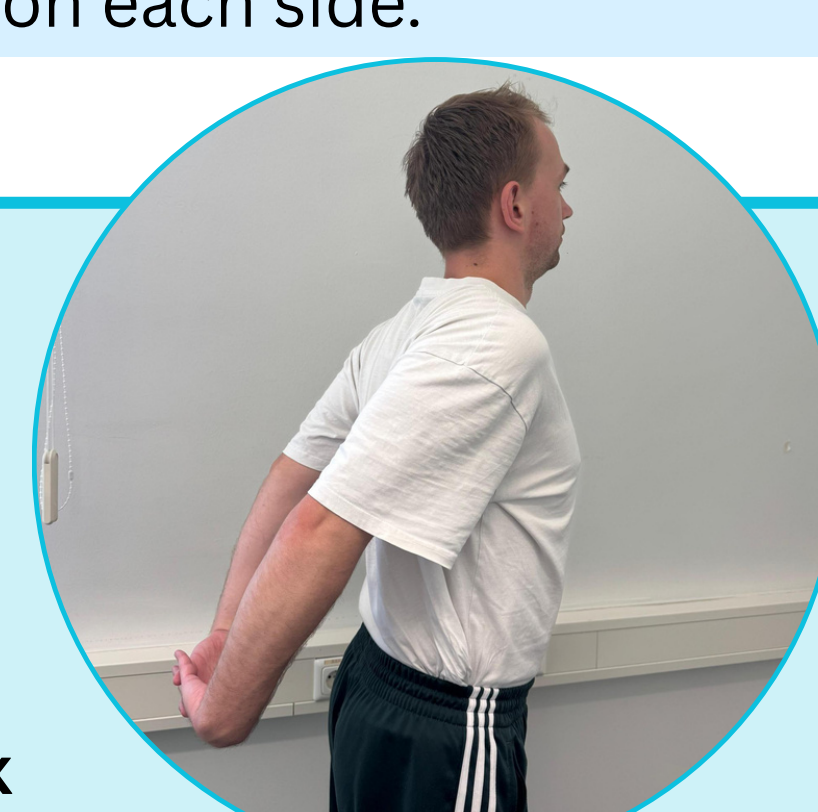
Movement: Slightly bend your knees and lean your upper body forward, keeping your back straight. Extend your arms in line with your spine. Hold for 10 seconds, 3 times.



Hand Pull Behind the Back

Starting position: Stand with your feet shoulder-width apart and your knees slightly bent. Avoid arching your lower back. Clasp your hands behind your back.

Movement: Pull your hands firmly outward. Hold for 10 seconds, 3 times.



Stretching

Side Bend

Starting position: Stand with your feet hip-width apart and let your arms hang loosely by your sides.

Movement: Tilt your head to the right (ear towards shoulder). Slowly extend your left arm and press your palm towards the floor. Then switch sides. Hold each side for 10–15 seconds, 2 times per side.



Shoulder Shrugs

Starting position: Stand with your feet hip-width apart. Avoid arching your lower back and let your arms hang loosely by your sides.

Movement: Slowly raise your shoulders while inhaling, then let them drop while exhaling. Keep your shoulders relaxed and avoid tensing them. Perform 5–8 repetitions.



Stretching the Shoulder and Back Muscles with Crossed Arms

Starting position: Stand with your feet hip-width apart and let your arms hang loosely by your sides.

Movement: Wrap your arms around your shoulders (give yourself a hug). Pull your shoulders forward and round your upper back. Hold for 10 seconds, 3 times.

