

5 Minute Cardio Break

(Suitable for all staff groups)

Occupational Health Physiotherapy



5. Side Lunges

Lunge to one side and raise your arms

Repeat 6 times to each side.



6. Press ups

A) Stand facing a wall, place palms on the wall slightly wider than shoulders.

Lean forward into a press up.

Repeat 6 times.

or

B) Press up on the floor, knees down

Repeat 6 times.

or

C) Press up on the floor, feet together, place hands slightly outside of shoulders.

Lower down so your chest almost makes contact with the ground and push up.

Repeat 6 times.



Physical activity should not cause any harm. If you do experience any pain or discomfort stop immediately and speak to a health professional such as a physiotherapist or a GP.

This sequence of 6 exercises should be repeated until your time is up. Beginners start with 5mins on the timer; over the weeks build up to 7mins to get more of a challenge if you wish. Aim to get as many circuits complete in your set time. Go as fast as you can while keeping good form in the exercises.



1. Alternate knee raises
while marching as fast as possible, but safely. Steady yourself with a wall if needed
Repeat 6 each leg.

2. Jumping Jacks/Star Jumps

Lift your arms above your head when your feet are apart. Lower your arms to your sides when your feet come together. Repeat 6 times.



3. Squats

Stand up and sit down quickly
or
Place hands on your hips
to squat down and up

Repeat 6 times.



4. Backward lunges with trunk twist

Hands behind your head, lunge back and rotate your upper body to the side of the front leg. Push off back foot to return. Repeat 6 times each leg

