

5. Side Lunges Lunge to one side and raise your arms Repeat 6 times to each side.

6. Press ups

B) Press up on the floor, knees down Repeat 6 times.

Lean forward into a press up.

Repeat 6 times.

A) Stand facing a wall, place palms

on the wall slightly wider than shoulders.

or

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.



5 Minute Cardio Break

(Suitable for all staff groups)

Occupational Health Physiotherapy



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.

Images from physiotec.com OHPhysio July2020

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.



 <u>Alternate knee raises</u> 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.

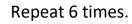


3. <u>Squats</u>

Stand up and sit down quickly

<u>or</u>

Place hands on your hips to squat down and up



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





n OHPhysio July2020