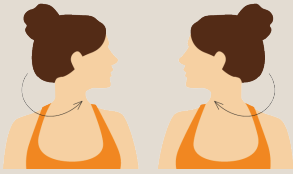


Working from home Exercises



Look sideways

- Sit up straight
- Look sideways, alternating from the left to the right

10 repetitions



Sideway stretch of the neck

- Sit up straight while keeping your shoulders lowered
- Bend your neck sideways
- Rotate your chin downwards

2-3 times for 5 seconds



Double chin

- Sit up straight and make yourself long
- Put one finger onto your chin and push your chin backwards

2-3 times for 5 seconds



Pelvic tilt

- Make yourself long while breathing in and tilt your pelvis forwards (hollow back)
- Make yourself small while breathing out which results into rounded back

10 -15 repetitions



Manager stretch

- Slide backwards on your chair and press your back against the back of the chair
- Stretch both your hands up in the air and lean backwards

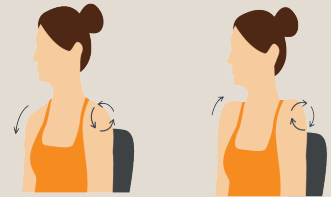
2-3 times for 5 seconds



Plank

- Start on your forearms and knees/toes
- Contract your muscles and keep your lower back in a neutral position

2-3 times for 10 seconds



Backwards shoulder roll

- Sit up straight and roll your shoulders in a backwards and downwards motion

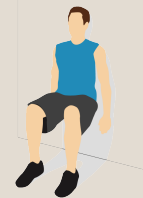
10 repetitions



Stretching the forearms

- Extend your arm with the palm of your hand facing downwards
- Pull your hand towards you

2-3 times for 5 seconds



Wall squat

- Stand against a wall with your feet apart
- Press your lower back and your head against the wall
- Lower your body into a squat position (knee angle = 90°)

2-3 times for 10 seconds