

Office exercises I

The exercises will help increase the mobility of your body and help prevent and/or relieve muscular pains. Remember that none of the exercises should be painful, but you will probably feel some stretching. You don't have to go through all the exercises every time, but choose a few. It only have to take 5-10 minutes.

If you have any questions about the exercises you are welcome to contact me on anders.vendelboe@agro.au.dk.

I: Cuban rotations

Stand relaxed with your arms up to the side and the elbows in 90° angle. Rotate in your shoulders moving your forearms up and down in an easy pace. Keep your shoulders down and your chest forward.

Repeat 8-12 times



II: Egyptian shoulder rotations

Stand relaxed with your arms up to the side and the elbows in 90° angle. Rotate one forearm down and turn your head looking over shoulder of the downward arm. Keep the position for a while. Keep your shoulder down and your chest forward. Switch to opposite side.

Repeat 8-12 times.



III: Neck I

Stand relaxed with your shoulders in neutral position. Turn you head to one side and keep the position for a while before turning your head to the other side. Keep your chin up.

Repeat 8-12 times to each side.



IV: Shoulder raises

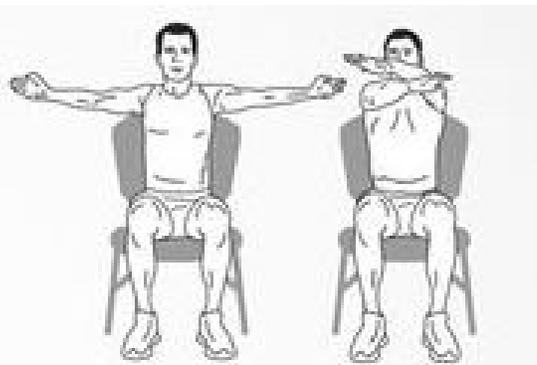
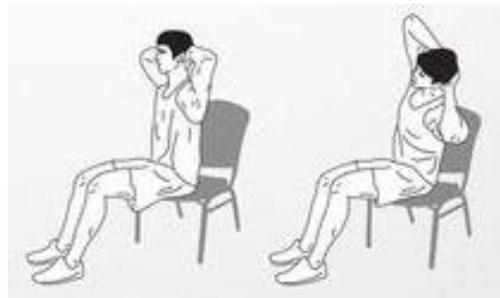
Stand relaxed with your shoulders in neutral position. Lift your shoulders as high as you can for a moment, before letting them fall back to neutral position.

Repeat 8-12 times.

IV: Oblique bends

Sit relaxed on your chair and put your hands behind your neck. Sit straight. Now, bend your upper body to the side pointing you elbow towards the floor. Keep the position for a moment before coming back up. Switch to the other side.

Repeat 8-12 times.



V: Criss cross arms

Sit relaxed on your chair and keep a straight back. Now, press your arms back and your chest forward. Imagine you're trying to make your shoulder blades touch. Keep the position for a while before reversing the movement, pressing your arms forward and your shoulders together in front of you.

Repeat 8-12 times.

NOTICE!

These exercises are meant as an inspiration. Not all the exercises may be suitable for all. Always evaluate you own physical form before exercising. The exercises, the descriptions, and the program on the poster are not compiled by a certified fitness trainer. Your use of the exercises on the poster is your own responsibility. The author, AGRO, or AU are not responsible for any injuries or complications resulting from your use of the exercises.