

## Instant Recess! Exercise Set #2

Take a 10-minute activity and get your energy on.

Take a 10-minute activity break at a scheduled time every day. Take one right smack in the middle of your work area — whether that's a cubicle or a street! Take one on your own, or join the group. And *a/ways* take one whenever when a meeting lasts longer than an hour.

### 1. Shoulder Rolls/Circles

5 count backward, 5 count forward

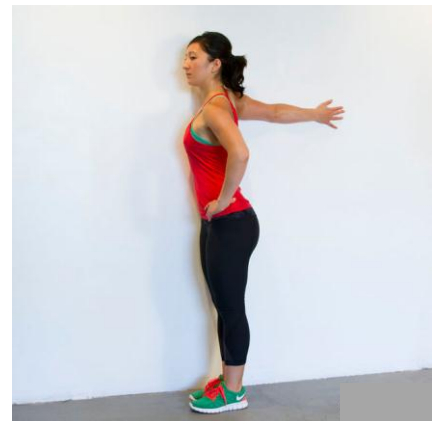
Relax neck, make full circles with shoulder, squeeze & spread shoulder blades



### 2. Shoulder Open & Press

8-12 count each arm

Stand to a solid structure (i.e. wall, doorway), Open shoulder with arm behind you, remain facing forward, slightly lean away from wall.



### 3. Bend and Reach the Sky (total body)

Continuous movement, alternate sides, 5 times on each side

Bent knees, straight back, arms straight, move arm and eyes straight up to ceiling, Bring straight back to start, switch arms



#### 4. Shoulder Flex Test

10 count each way (right on top, then left)

Relax neck, extend arms behind,  
clasp fingers (if can), gently press  
elbows back (behind you, away from your body)

*If you can touch your fingers together, you pass this  
shoulder range-of-motion test!*



#### 5. Neck Stretches

8 count forward, 8 count each side

Relax neck/shoulders, gently press at top/back  
of head each direction.

