

Instant Recess! Exercise Set #3

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 a meeting lasts longer than an hour.

1. Arm Circles

8 count backward, 8 forward

Slow pace, big, full circles



2. Squats

8 -12 times, with arms extended in front

Reach back with hips, as if going to sit on a chair, keep spine tall, don't arch lower back (too much)



3. Hamstring Stretch

20 count each leg,
at 10 count reach a touch deeper!

Heel down, toe up,
square hips, tall spine/back,
flex/reach toward toes



4. Shoulder/Chest Stretch

2 x 10 count

Stand tall, relax shoulders, once hands are locked slightly lift hands/arms toward ceiling (*if comfortable*)



5. Forearm Stretch

1 x 8-12 count each way, each arm

Straighten arms in front of you and...

Top: pull back more at finger tips position, and can also flip hand position (turn over, fingers point down)

Bottom: pull back more at knuckles position

