

## 5-min Office Fitness

“5-min-Fitness” sessions are small physical exercise breaks during the workday, usually taking up no more than 5 minutes.

### Motivation

The goal of these exercise sessions is the prevention of desk-work-related health issues like lower back pain, muscle tensions and reduced mobility.

### Schedule

Shared exercise sessions currently take place once per office day:

- **Tuesday:** 10:15
- **Wednesday:** 10:15

Beyond those dates, you may consider personal exercise sessions for your home office or an additional slot in the office if they contribute to your office well-being.

### TUESDAY Session

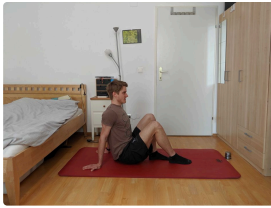
- **Bench position - Diagonal arm & leg stretches:** Starting from a bench position, stretch out your left(/right) arm and right(/left) leg into a horizontal position.
  - 5x on one side, then the other side
- **Lunges:**
  - 10-15x on one side (should feel slightly but not totally exhausting), then the other side
- **One-legged “key pickups”:** Stand upright on one foot. Bring the other foot to your buttocks by bending your knee and hold it there with your hand (the same side of your bent leg). Now, imagine you drop a keychain in front of your body to the floor and you want to pick it up again. Bend forward and down to the ground by pushing your buttocks backwards (feel free to bend the knee of your standing leg a little and try to keep your back as straight as possible.) Use your off-hand and try to touch the ground (imagine picking up the keychain). With a straight back, go back into the upright position.
  - 3-5x on one side, then the other side
- **Squats:**
  - 5x

### WEDNESDAY

- **Seite-zu-Seite schwingen:** Stand upright, arms outstretched to the sides. Rotate your upper body from one side to the other in a swinging motion. Your waist should lead the rotation and the upper body and arms follow. Feel free to increase your range of rotation by letting your swing to one side raise the heel of the off-foot (like you may know from a golf swing).
  - 10x left-right



- **“Bring-knee-to-front” hip flexor stretches:**

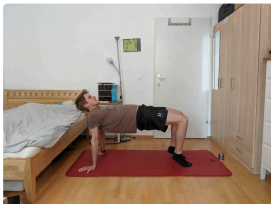


- Sit in "telemark" position - one foot is one foot before the other



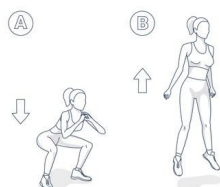
Bring the knee of the foot that is more in the back as far forward as possible - ideally even touching the ground.

- Make circles with that knee: 3x clockwise, 3x counter-clockwise. Then, switch sides.
- **One-legged table plank:** Reverse plank in table position. Stretch one leg and try keeping your buttocks high. Then, circle your foot that is stretched clockwise and the counter-clockwise. Change sides.
- per leg, 5x clockwise and then 5x counter-clockwise



- **Schifahr/Fußball-Beinschwngen:** Stand on one leg. Swing the other leg back and forth ("schifahr"-swings) and then left and right ("fußball"-swings). Afterwards, change sides.
- per leg: 5x back/forth, 5x left/right
- **Jumping squats:** Go into a slight squat and then jump upwards. When in the squat, have your arms bent in front of your upper body. Thrust your arms downwards on the jump (see photo).
- 5x

#### JUMP SQUATS



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