

# 30-Second Flexercises for the Office



BLACK SWAN  
HEALTH LTD

Stay active at work, home or school in less than 5 minutes with this full-body stretch routine. Spend just 30 seconds on each of these flexercises to engage your muscles and get the blood pumping throughout the day.

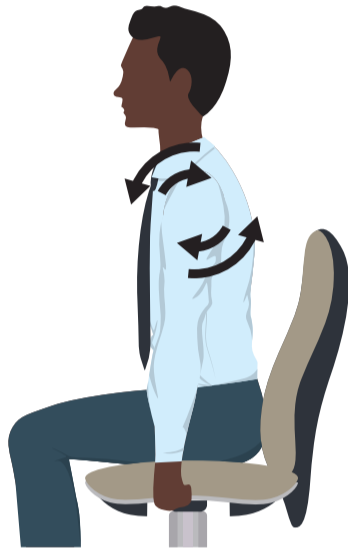


## HOW

Tilt head up & down; right & left.

## TARGET AREA

Neck



## HOW

Rotate shoulders forwards and backwards.

## TARGET AREAS

Shoulder and upper-back muscles



## HOW

Sit on the edge of your chair and straighten one leg in front of you. With a straight back and hands resting on opposite leg, lean forward towards your toes.

## TARGET AREA

Hamstrings



## HOW

Sit on the edge of your chair with feet tucked under body. Stand up tall and sit down repeatedly.

## TARGET AREAS

Leg muscles, glutes and core

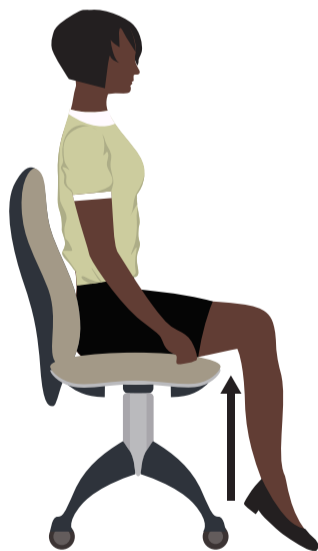


## HOW

Standing tall, use your left hand to bring your left foot towards your left glute. Alternate with other side. Use a piece of furniture to balance if necessary.

## TARGET AREA

Quadriceps

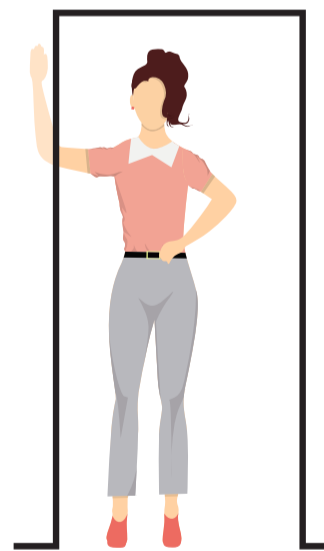


## HOW

Ensure feet are flat on the floor and hips/knees at a 90° angle. Lift and lower heels, then toes.

## TARGET AREA

Calves



## HOW

Put your arm out to the side with your hand up and elbow at a 90° angle. Place your arm against a door frame and gently rotate upper body away from the arm. Alternate.

## TARGET AREA

Chest



## HOW

Get moving up and down a flight of stairs (or go for a walk if stairs are not available). Take two stairs up at a time if you can.

## TARGET AREAS

leg muscles, glutes and core