

10 QUICK WORKOUTS

2-MINUTE MICRO-EXERCISES IN THE WORKPLACE

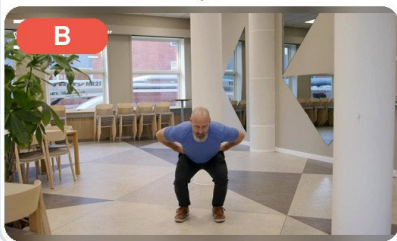
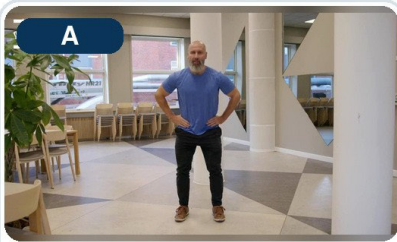


VIDEOS

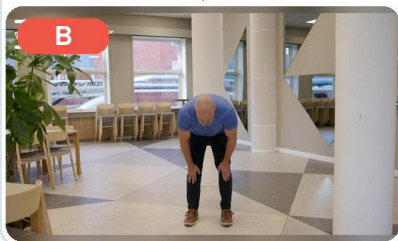
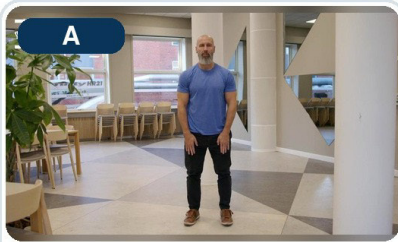
NO ELASTIC BAND

1

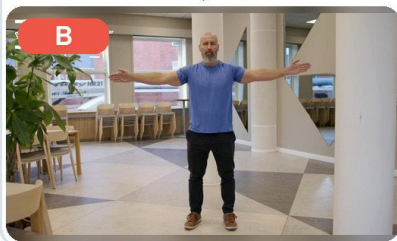
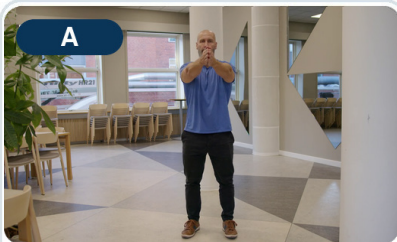
Squats



Back bend

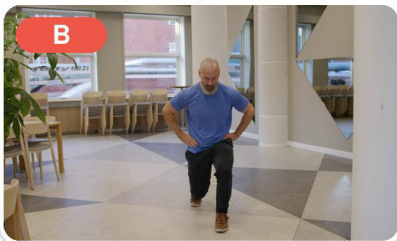


Scapular squeeze

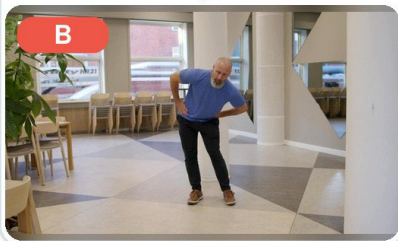
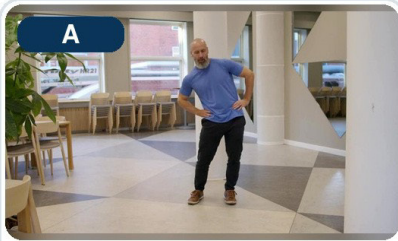


2

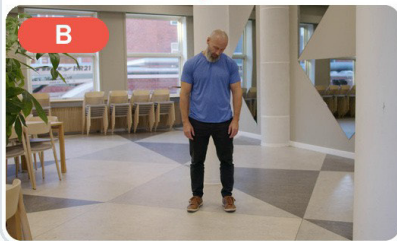
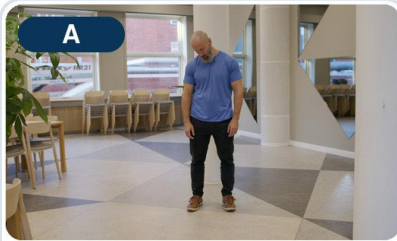
Lunges



Hip rotation

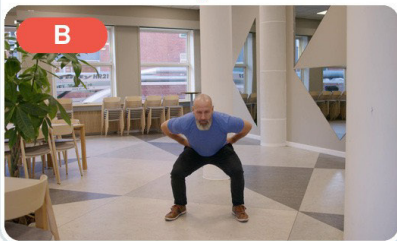


Neck roll

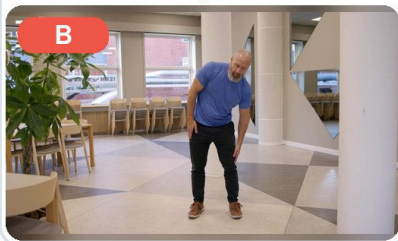


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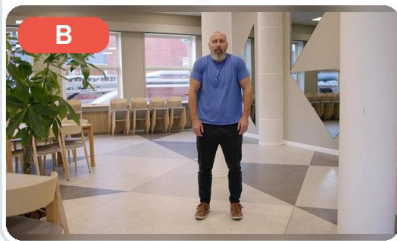
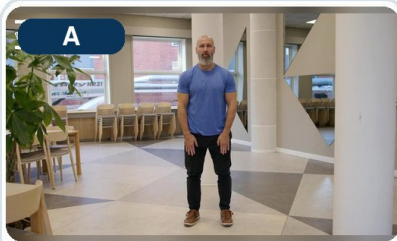
Sumo squats



Side bend

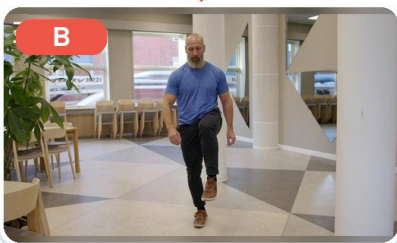
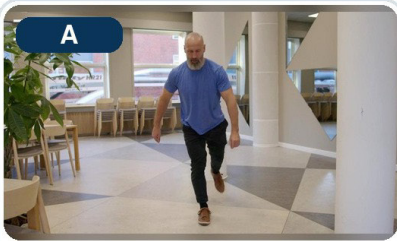


Shrugs

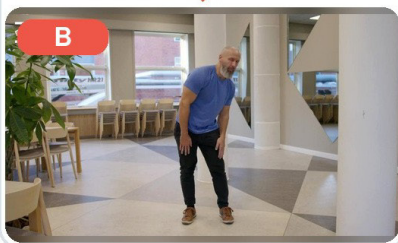
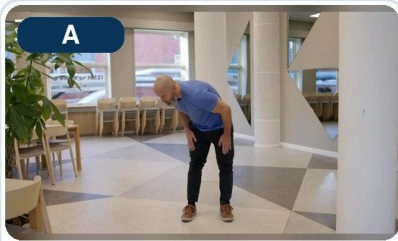


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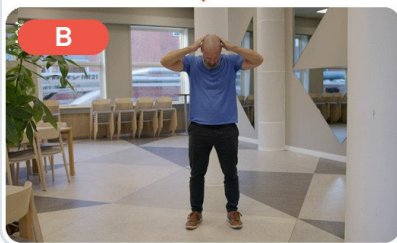
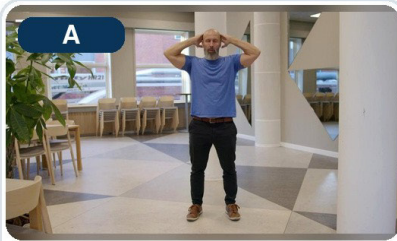
Kick



Pendulum

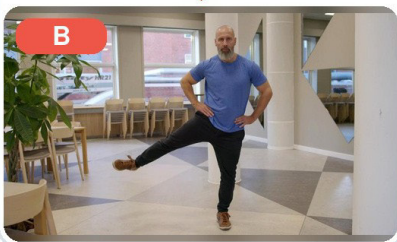


Neck push

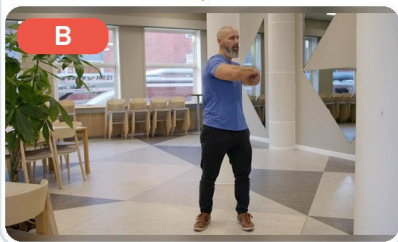
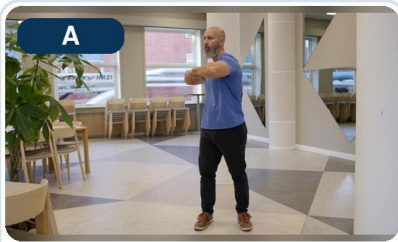


5

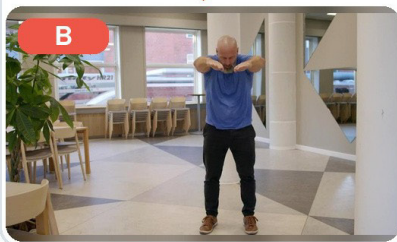
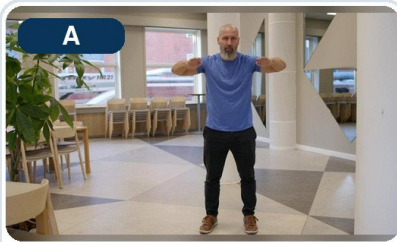
Dog exercise



Torso rotation



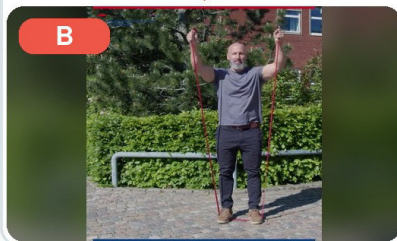
Butterfly



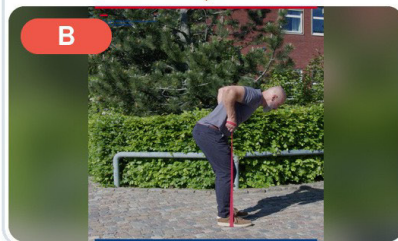
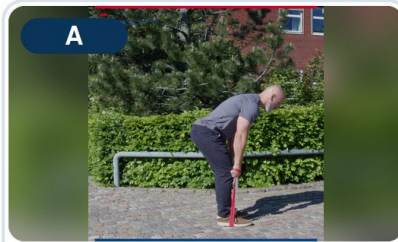
WITH ELASTIC BAND

6

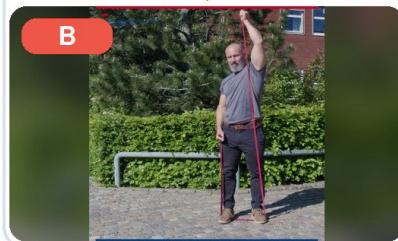
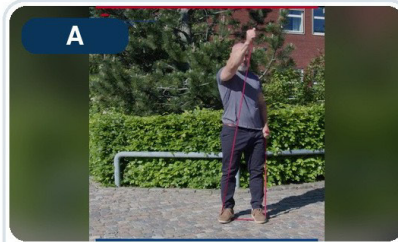
Lateral raise



Bent over row

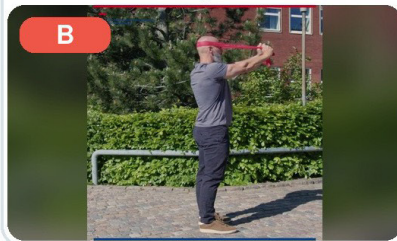
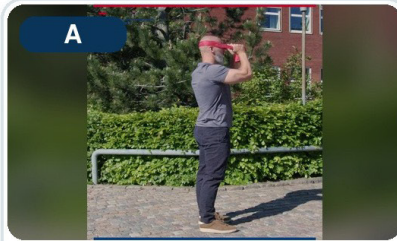


1-arm raise

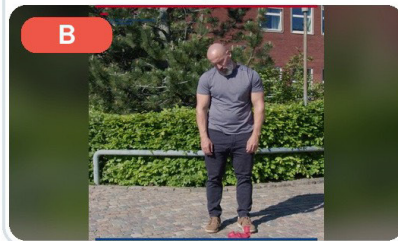


7

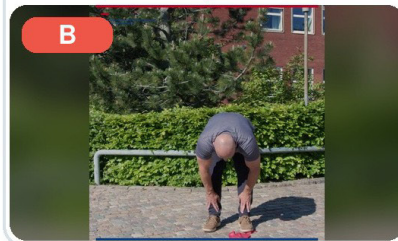
Static neck push



Neck roll

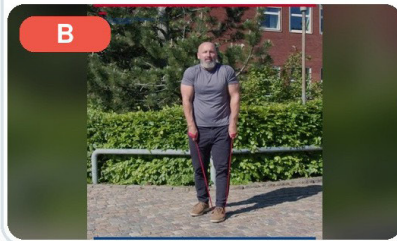
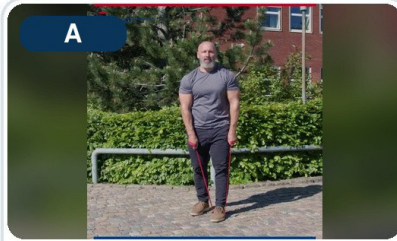


Dynamic stretch

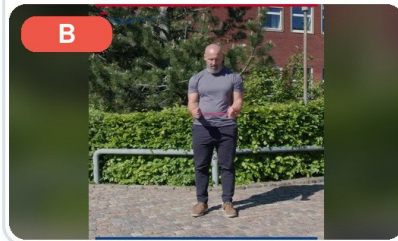


8

Shrugs



Wrist flexion

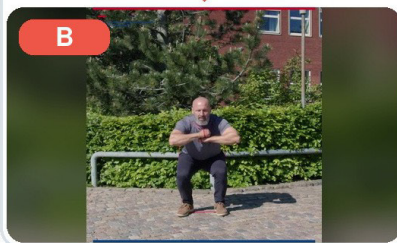


Ext rotation

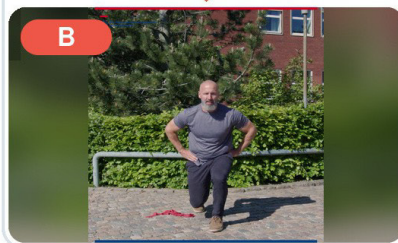


9

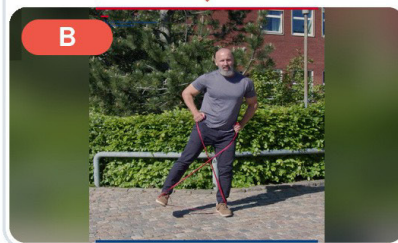
Squats



Lunges

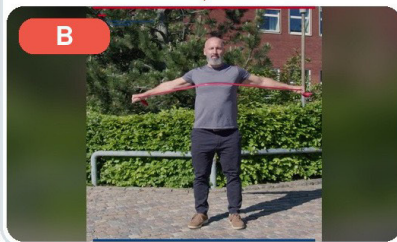


Dog exercise

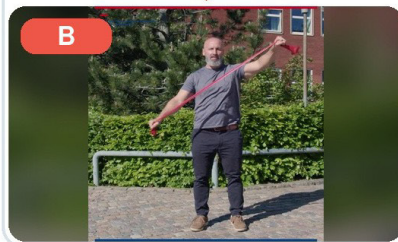


10

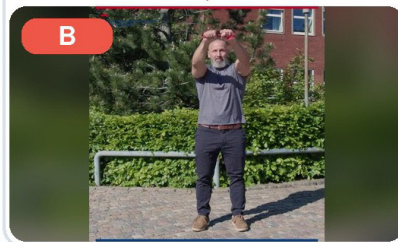
Scapular squeeze



X-ercise



Penguin





**National Research Centre
for the Working Environment**

Choose one program and do each of the three exercises for about 30 seconds. You will finish in about 2 minutes. Use the poster for an overview and watch the videos for instructions and pace. [Source: Professor Lars Louis Andersen](#)