



## An Active Office Break

Type of Exercise:  
Working Out at  
Work

Level: Easy to Moderate

Equipment Needed: A fit-ball and a resistance tube.

This program is appropriate for nearly everyone. Short breaks throughout the work day actually help improve productivity and concentration. This program will give you a little break from work to clear your mind and do something good for your body.

The daily routines below involved the following exercises:

### Fit-Ball Exercise 1

- Sit up-right on the ball
- Shift your hips slowly from the left side to the right side of the ball

### Squats

- Stand with feet hip distance apart
- Bend knees and hips simultaneously to ~90°
- Weight is evenly divided over the feet (especially the middle of the foot)
- Keep your back straight
- Shoulders should always be over the middle of the foot from a side view

### Rowing Lat Pull

- Attach tube at chest height on a securely, fixed object
- Standing lunge position (stable position with one foot in front of the other & front knee bent); arms extended (little bit of resistance from tube)
- Bring hands to your chest; pull shoulder blades together
- Slowly extend your arms
- Stabilize back

### Fit-Ball Exercise 2

- Sit up-right on the ball
- Bring your hips slowly forward (spine rounds) and back (spine hyperextended)

### Lunges

- Start by taking a big step forward with one leg
- Bend both knees at the same time – bring your upper body straight down
- Make sure your leading knee isn't ahead of your toes
- Return to standing position

### Back Extension on Fit-Ball

- Lay face down on the Fit-Ball (spine is rounded)
- Legs are open for better balance
- Arms next to your upper body and externally rotated (thumbs point away from your body)
- Extend your spine (lift upper body up)
- Head stays in line with your spine (don't hyperextend neck)

General:

- Perform all exercises slowly, using controlled movement
- Breathe regularly
- Rest ~30 sec between sets

Please use common sense! Our downloadable routines are designed for average people with no underlying health issues. If you're feeling poorly when exercising – stop and figure out what's going on with your body. If you've got health issues that might be impacted by this routine, please visit your doctor before starting this program.

	Explanation of Goals and Exercise Routines	Estimated Time	Check if Completed ✓
Week 1	Welcome to your active office break! During this week, get comfortable with exercises, and also see how this fits into your work schedule. Focus on using good form throughout all exercises. One repetition with good form is a lot better than 10 with poor form; and, of course, poor form can cause injury!	30 Minutes	
Day 1	Fit-Ball Exercise 1: 10 reps to each side Squats: 10-12 reps Rowing Lat Pull: 10-12 reps	10 Minutes	
Day 2	Fit-Ball Exercise 2: 10 reps forward and backwards each Lunges: 8 reps each leg Back Extension on Fit-Ball: 8-10 reps	10 Minutes	
Day 3	Fit-Ball Exercise 1: 10 reps to each side Squats: 10-12 reps Rowing Lat Pull: 10-12 reps	10 Minutes	
Week 2	OK you're getting into your active office break routine and feeling really good about it. We're adding a little bit more to the routine. You can do it!	45 Minutes	
Day 1	Fit-Ball Exercise 2: 10 reps forward and backwards each Lunges: 2 x 8 reps each leg Back Extension on Fit-Ball: 10 reps	15 Minutes	
Day 2	Fit-Ball Exercise 1: 10 reps to each side Squats: 2 x 10 reps Rowing Lat Pull: 2 x 10 reps	15 Minutes	
Day 3	Fit-Ball Exercise 2: 10 reps forward and backwards each Lunges: 2 x 8 reps each leg Back Extension on Fit-Ball: 10 reps	15 Minutes	
Week 3	You've made great progress! Now we're picking it up a notch. From this week on you're doing your active office break 4 days per week.	60 Minutes	
Day 1	Fit-Ball Exercise 1: 10 reps to each side Squats: 2 x 10 reps Rowing Lat Pull: 2 x 10 reps	15 Minutes	
Day 2	Fit-Ball Exercise 2: 10 reps forward and backwards each	15 Minutes	

	Lunges: 2 x 8 reps each leg Back Extension on Fit-Ball: 10 reps		
Day 3	Fit-Ball Exercise 1: 10 reps to each side Squats: 2 x 10 reps Rowing Lat Pull: 2 x 10 reps	15 Minutes	
Day 4	Fit-Ball Exercise 2: 10 reps forward and backwards each Lunges: 2 x 8 reps each leg Back Extension on Fit-Ball: 10 reps	15 Minutes	
Week 4	You've come a long way and your active office break has become a regular part of your day. Excellent! Be proud of what you've accomplished and keep up the good work.	60 Minutes	
Day 1	Fit-Ball Exercise 1: 10 reps to each side Squats: 2 x 12 reps Rowing Lat Pull: 2 x 12 reps	15 Minutes	
Day 2	Fit-Ball Exercise 2: 10 reps forward and backwards each Lunges: 2 x 10 reps each leg Back Extension on Fit-Ball: 12 reps	15 Minutes	
Day 3	Fit-Ball Exercise 1: 10 reps to each side Squats: 2 x 12 reps Rowing Lat Pull: 2 x 12 reps	15 Minutes	
Day 4	Fit-Ball Exercise 2: 10 reps forward and backwards each Lunges: 2 x 10 reps each leg Back Extension on Fit-Ball: 12 reps	15 Minutes	