



Remote
Health

Course Materials

Active Break

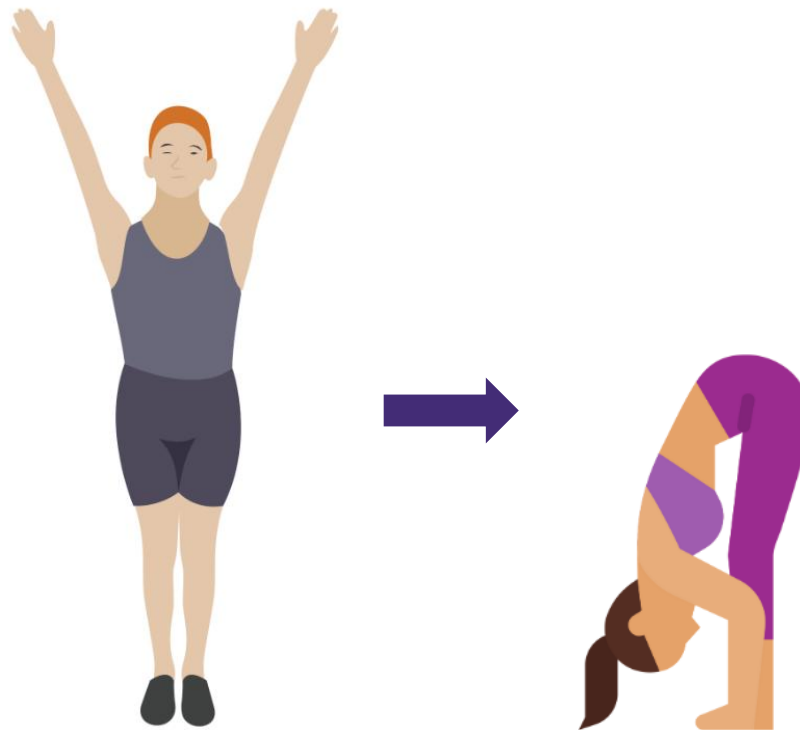
General Mobility



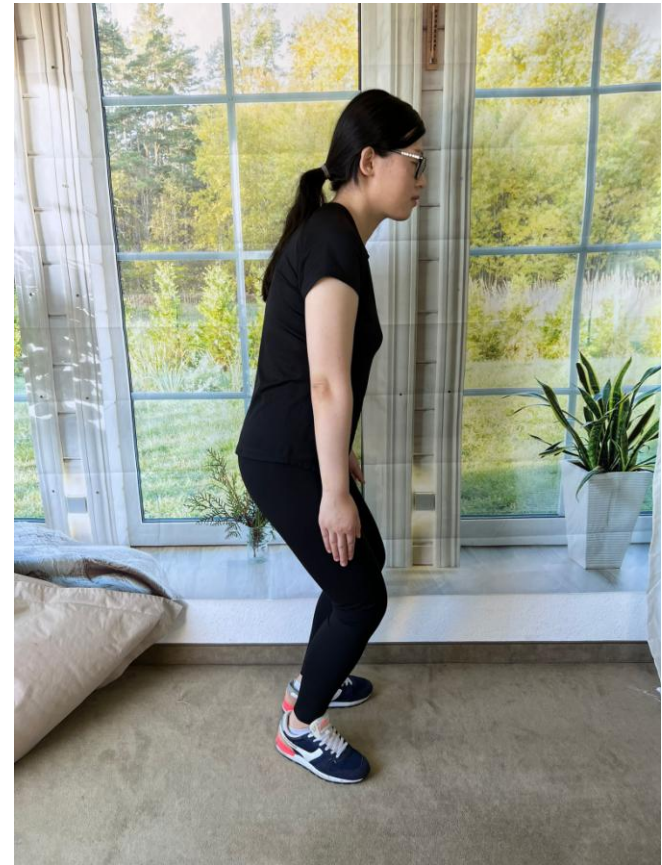
Contents

- Exercises with pictures

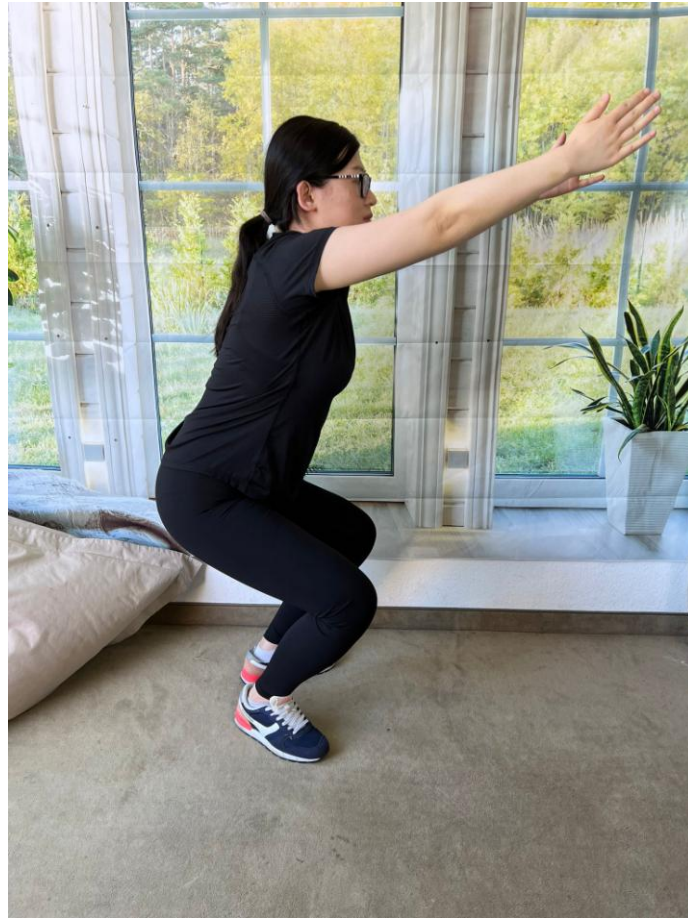
- 1 Inhale deeply & stretch arms to ceiling, then exhale & bend down (3-5 repetitions)



2 Toes - heels (10 - 15 repetitions)



3 Squats (8-12 repetitions)



4 Leg abduction - splay to the side (8 - 12 repetitions per side)



- 5 Swing upper body slightly to the right and left, and let arms hang relaxed



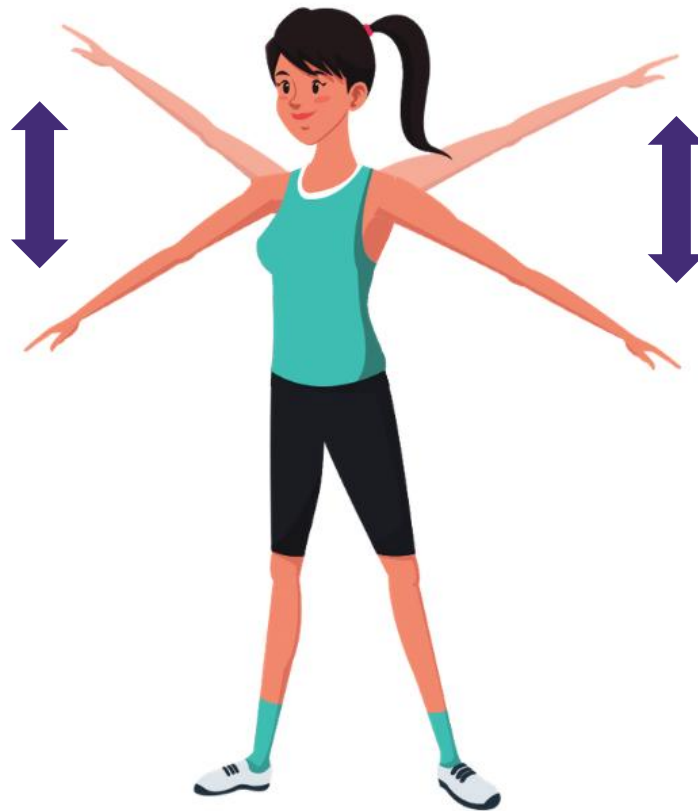
6 Standing Cross-Crunch (6-8 repetitions per side)



7 Standing Swim (10-15 repetitions per side)



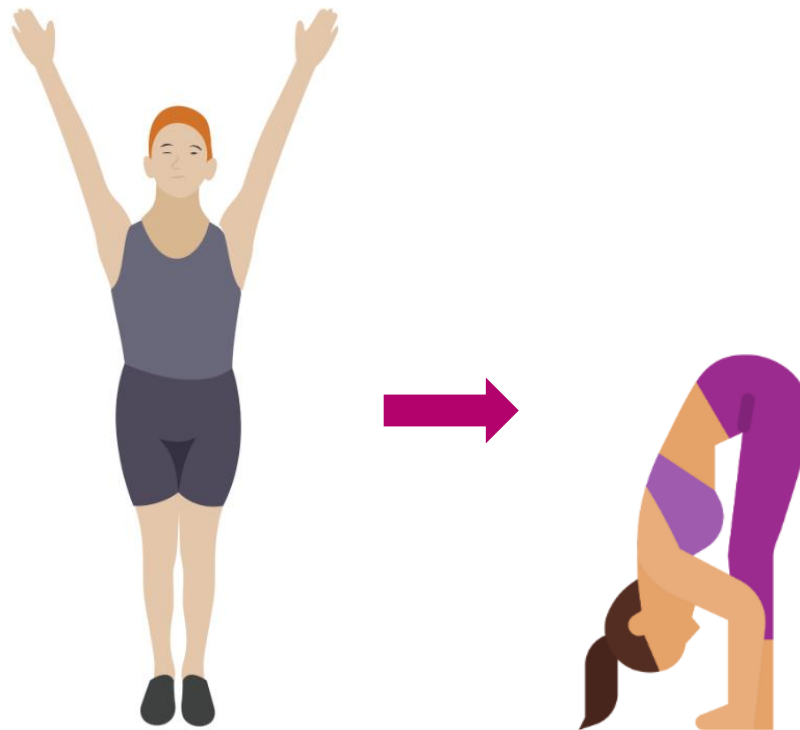
- 8 Eagles - stretch out arms next to body and swing up and down (10-15 repetitions per side)



9 Alternating boxing up and forward (8 - 12 repetitions per side)



10 Inhale deeply again & stretch arms to ceiling, then exhale & bend down (3-5 repetitions)



Sources:

1. Schad, N.; Kaufmann, K. et al. (2022). Broschüre zu einem digitalen Aktionstag im Rahmen des Wahlmoduls Gesundheitsregionen im Wintersemester 2021/22 – Bewegung. [Broschüre, Technische Universität München]. <https://drive.google.com/file/d/14WWBSzSyGuRIlg9sC2lc85tmfYm2A1qd/view?usp=sharing>

©Remote Health EU, 2022, sponsored by Erasmus+

Authors: Nele Schad, Katharina Kaufmann et al., Students of Health Sciences,
Technical University of Munich

Design, Editorial and Photo model: Zvonimir Jelic, Student of Health Sciences,
Technical University of Munich

Photo model: M.A. Lulu Jiang, Joy of Learning –
Gesundheitsbildung, Lerntherapie & Entwicklungsförderung München e.V.

Editorial and Design: Sonja Sammer, Joy of Learning –
Gesundheitsbildung, Lerntherapie & Entwicklungsförderung München e.V.

Illustrations with permissions of Canva

www.remote-health.eu

