

• I • THINK • I • CAN • FITNESS •

PRESENTS

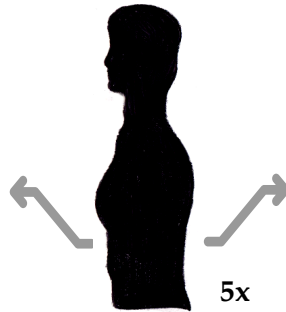
" BE UP STANDING! "

A FIVE MINUTE INVIGORATION
FOR THE GRUMPY SITTER



BE UP STANDING

Stand up. Relax for few seconds. Close your eyes if you like. Notice your bodily sensations. This helps to take a break from work mode.



BIG BREATHING

Take long deep breaths. With each inhale, your stomach and ribcage expand to their maximum circumference.



5x
each way

SHOULDER CIRCLES

Slowly circle both shoulders. Imagine a clock around shoulders, touch each hour on the clock.



5x

REACH FOR THE SKY

Inhale and reach your arms to the sky. Exhale and arms come down. Go slow.



5x

SLOW SQUATS

Squat as far as is comfortable. Arms come forward as you squat. Arms go back down as you return to standing.



5x
each side

LUNGES WITH ARM RAISED

Step one leg back. Raise the same arm as the leg you stepped back. Bend both knees. Try to gently touch your back knee to the floor.

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in-home personal training services
in the Twin Cities.*

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