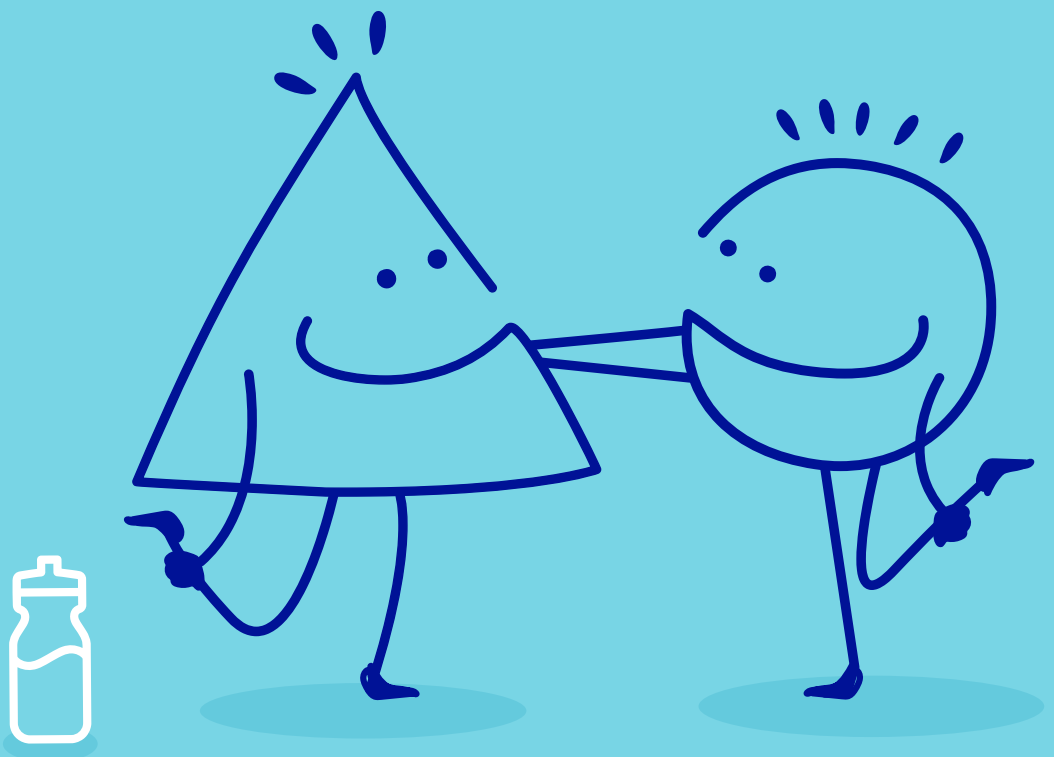
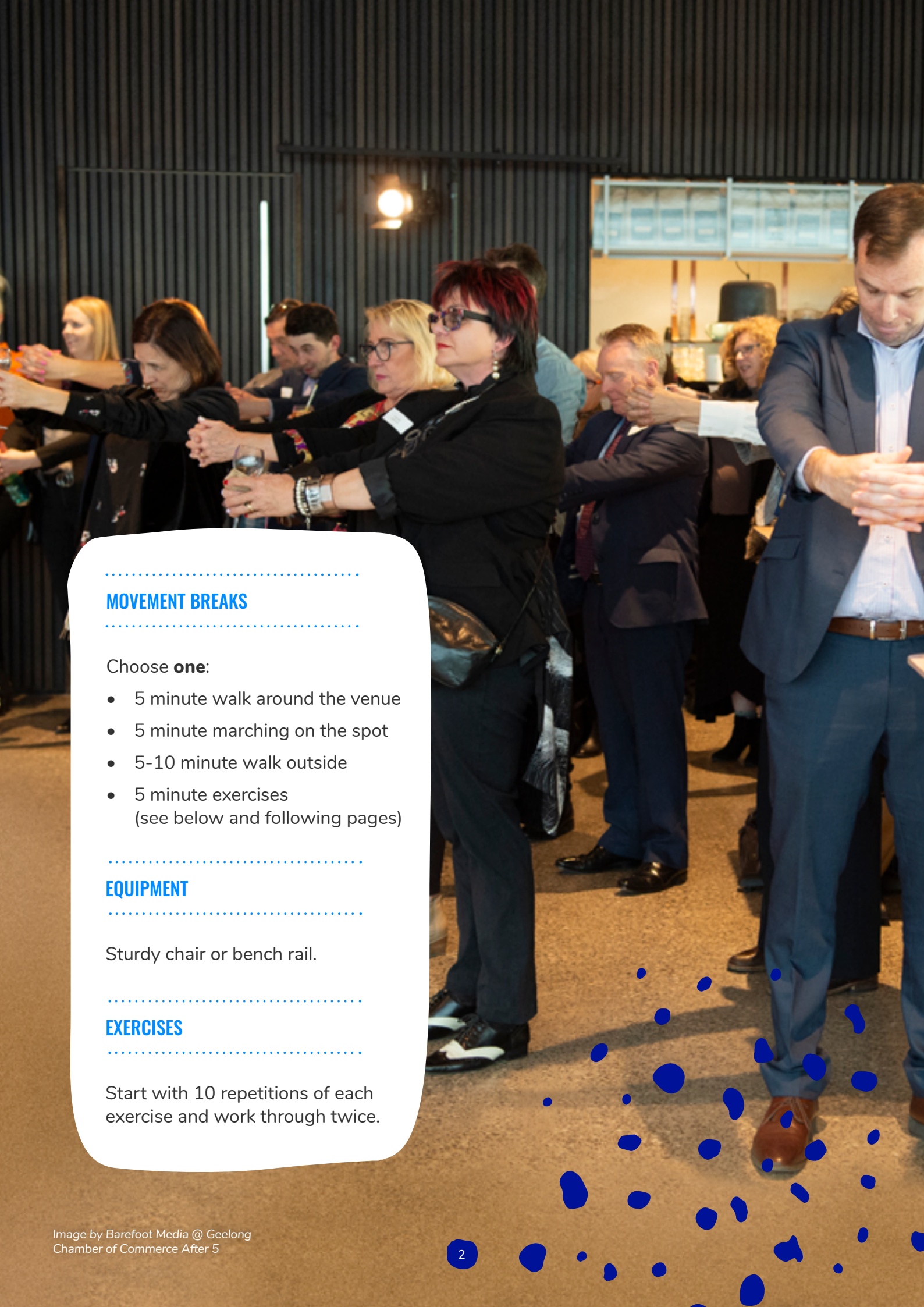


Active Geelong

EXERCISE GUIDE

**A USEFUL GUIDE FOR
MOVEMENT BREAKS**





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MOVEMENT BREAKS

.....

Choose **one**:

- 5 minute walk around the venue
- 5 minute marching on the spot
- 5-10 minute walk outside
- 5 minute exercises
(see below and following pages)

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EQUIPMENT

.....

Sturdy chair or bench rail.

.....

EXERCISES

.....

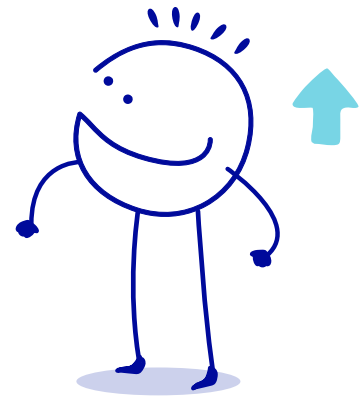
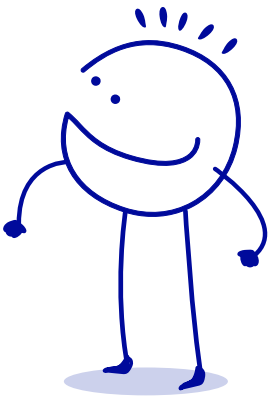
Start with 10 repetitions of each exercise and work through twice.

1

SQUATS

Notes: Keep your chest tall throughout the movement and only squat as low as you feel comfortable.

- Stand with feet slightly wider than hip width and feet angled outwards. Hold a support if needed.
- Drop hips slowly back and down ensuring knees track in line with toes
- Squeeze gluteus (bottom muscles) to stand back up

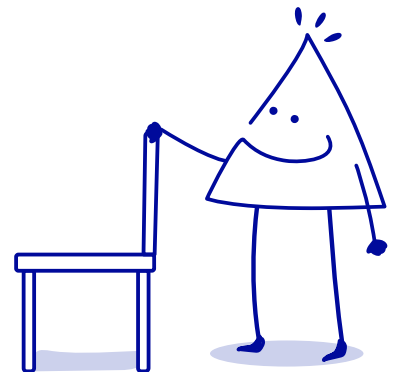
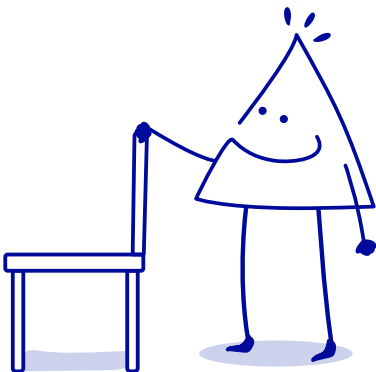


2

HIP EXTENSION

Notes: Keep your chest tall throughout the movement.

- Stand holding a support if needed
- Keeping your knee straight extend your leg behind you and squeeze your bottom muscles
- Return to the starting position
- Alternate with the other leg

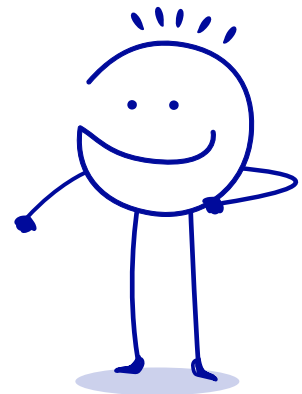
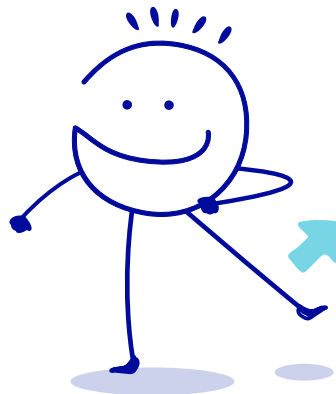
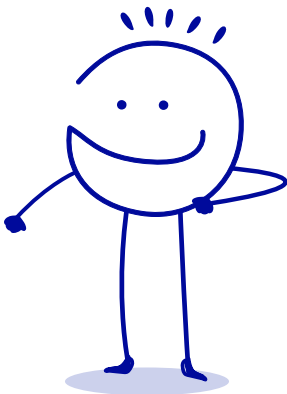


3

HIP ABDUCTION

Notes: Keep your chest tall throughout the movement.

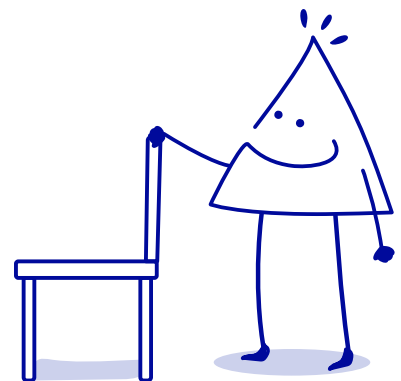
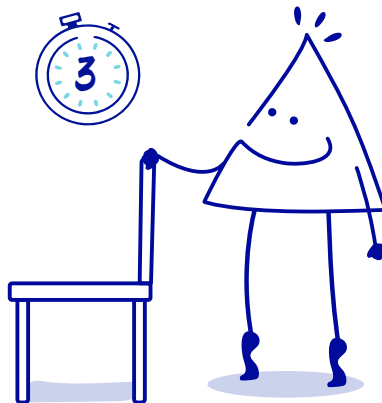
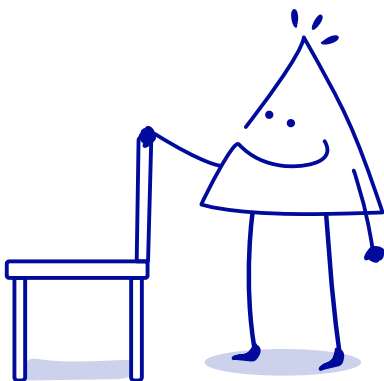
- Stand holding a support if needed
- Keeping your knee straight extend your leg out to one side, lifting from the hip
- Return to the starting position
- Alternate with the other leg



4

HEEL RAISES

- Stand holding a support if needed
- Lift your heels off the floor. Hold for at least 3 seconds
- Pause at the top
- Slowly lower your heels



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