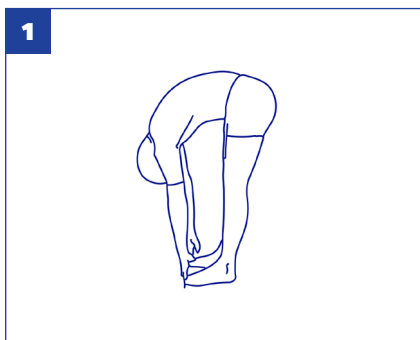


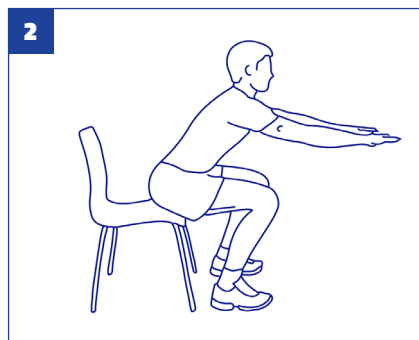
# Lunch Fitness



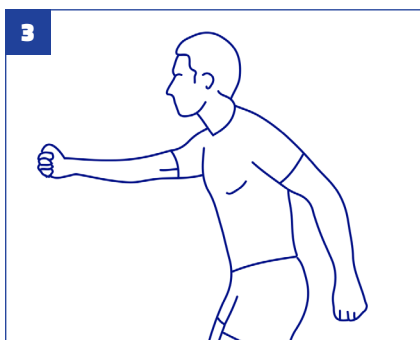
Get the app 'Træn Selv' for free and discover additional exercises.



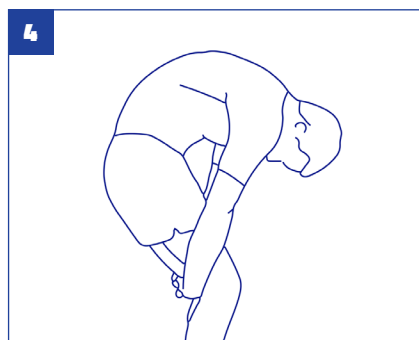
**FORWARD BEND:**  
Stand shoulder-width distance between your feet. Stretch your arms up towards the ceiling. Let your upper body and arms fall down as you exhale. Bend your knees slightly and roll up your back as you stretch back up towards the ceiling and exhale.  
*Repeat 10 times.*



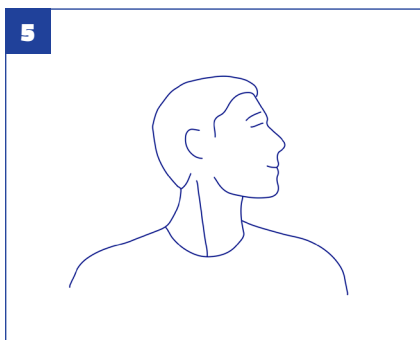
**KNEE BEND WITH CHAIR:**  
Place the chair behind you. Stand with your back straight and your feet shoulder-wide. Raise your arms up in front of your chest. Bend your hips and knees and lower yourself down until you just touch the edge of the chairs. Press back up. Keep your spine straight and look forward.  
*Repeat the exercise 10 times.*



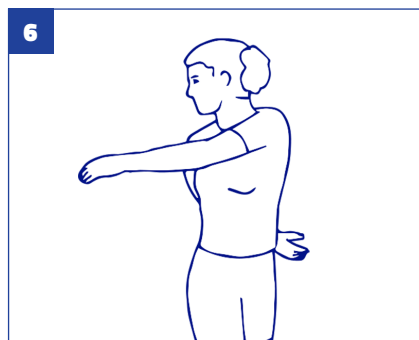
**BEND AND SWING:**  
Stand with a shoulder-width distance between your legs. Swing your arms alternately back and forth while bending and stretching your hips and knees. The movement is a bit like cross-country skiing.  
*Repeat the exercise 10 times.*



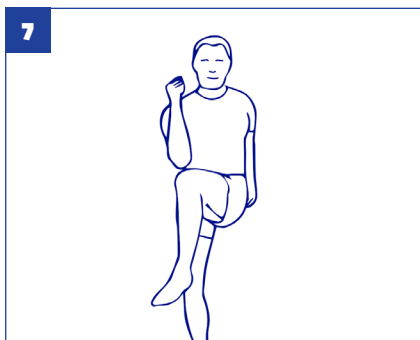
**BACK:**  
Take a good grip around the back of the thighs. Shoot your back up against the ceiling until you feel a stretch in your back and hold for 30 sec.  
*Repeat the exercise 10 times.*



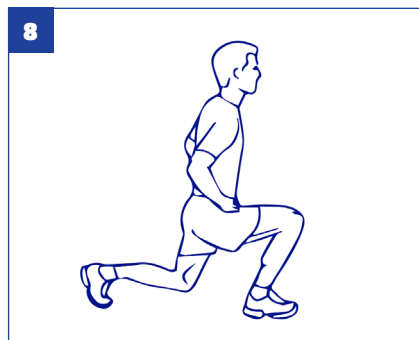
**MAIN TWIST TO THE SIDE:**  
Turn your head alternately to one side and the other as far as you can.  
*Repeat the exercise 10 times to each side.*



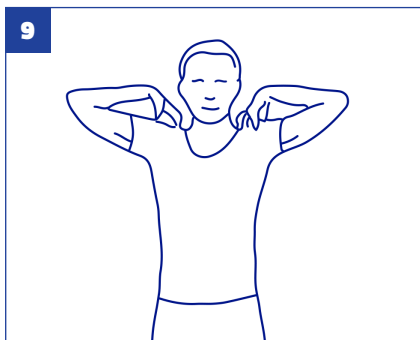
**STANDING BACK ROTATION:**  
Stand on the floor with your feet slightly spread. Bend your knees slightly and stabilize your hips. Rotate your back on its own axis and let the arms follow so that they beat against the shoulder/upper arm. Increase the rotation and pace gradually. The hips are constantly pointing straight ahead.  
*Slow down before stop.*



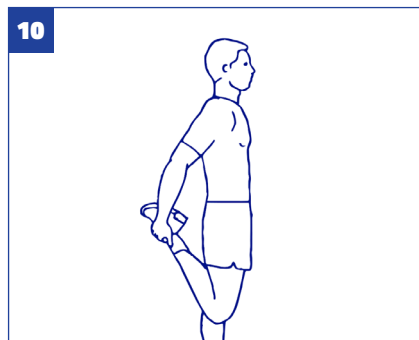
**KNEE TO ELBOW:**  
Stand with your arms down along your sides. Lift the opposite arm and knee and bring the knee towards the elbow. The exercise is performed slowly and controlled.  
*Repeat 12 times.*



**FORWARD SQUADS:**  
Stand with your legs together and your hands at your sides. Lift the active leg and fall forward. When the foot hits the floor the movement slows down. At the final position, the body is in a deep position. Offload and return to the starting position.  
*Make 2 x 12 repetitions.*



**SHOULDER CIRCLE BACKWARDS:**  
Place your fingers on top of your shoulders. Move your elbows backwards in a large circle.  
*Repeat the exercise 15 times.*



**FRONT THIGES AND HIP:**  
Stand with your body stretched. Grasp one ankle and pull the heel towards the buttock. Press your hip forward until a stretch is felt on the front-side of the thigh. Be sure to keep your knees together.  
*Hold for 30 sec. and swap legs.*