

Homework:

Do the following 10 exercises every day for a week.

Create a diary and record your progress in it

Exercise 1: Marching in place

- Stand up straight in your seat.
- Take brisk steps, lifting your knees as if you were walking.
- Continue for 1-2 minutes.

Exercise 2: squats

- Stand straight with your legs hip-width apart.
- Slowly bend your knees and lower your body down as if you were sitting on an invisible chair.
- Return to the starting position and repeat 10-15 times.

Exercise 3: Forward bends

- Stand straight, feet hip width apart.
- Straighten your back and then bend at the hips, lowering your hands towards the floor.
- Try to touch your toes or as far as you can.
- Hold for a few seconds, then return to the starting position.
- Repeat 8-10 times.

Exercise 4: Push-ups on the wall

- Find a solid wall and lean against it, spreading your arms shoulder width apart.
- Perform push-ups by bending your elbows and bringing your chest close to the wall.
- Repeat 10-15 times.

Exercise 5: Leg raise

- Sit on the edge of a chair or bench, keeping your hands on the seat for support.
- Raise one leg to hip height and then lower it.
- Repeat 10-15 times for each leg.

Exercise 6: Shoulder rotations

- stand straight, spreading your legs hip-width apart.
- lift your arms out to your sides, then perform smooth rotational movements back and forth.
- repeat for 30-60 seconds.

Exercise 7: Stretching the neck muscles

- Sit on a chair with your feet hip width apart.
- Gently tilt your head to one side, trying to touch your ear with your shoulder.
- Hold for a few seconds and then repeat on the other side.
- Repeat 5-8 times with each side.

Exercise 8: Hip rotations

- stand straight with your hands on your hips.
- perform smooth rotational movements with your hips, circling in one direction for 30 seconds, then change direction.

Exercise 9: Trunk twists

- stand straight, spreading your legs hip-width apart.

- perform torso twists, bending to the side and touching the opposite knee with your hand.
- repeat 10-12 times on each side.

Exercise 10: Shoulder raises

- Stand straight, spreading your legs hip-width apart.
- Lift your arms out to your sides, then slowly raise them as if you want to reach the ceiling.
- Hold for a few seconds and then lower your arms.
- Repeat 8-10 times.

Exercise Diary - Week 10 exercise: Get up from the computer

Date: _____

- *Exercise 1: March in place.*
Performed: _____ (number of minutes)

- *Exercise 2: squats*
Performed: _____ (number of repetitions)

Exercise 3: Forward bends

- Performed: _____ (number of repetitions)

Exercise 4: Push-ups on the wall

- Performed: _____ (number of repetitions)

Exercise 5: Leg raise

- Performed: _____ (number of repetitions for each leg)

Exercise 6: Shoulder rotations

- Performed: _____ (duration in seconds)

Exercise 7: Stretching the neck muscles

- Performed: _____ (number of repetitions on each side)

Exercise 8: Hip joint rotations

- Performed: _____ (duration in seconds)

Exercise 9: Trunk twists

- Performed: _____ (number of repetitions on each side)

Exercise 10: Shoulder raises

- Performed: _____ (number of repetitions)

Remarks:



Iceland
Liechtenstein
Norway grants

Record your progress and watch your fitness and well-being improve. Remember that regularity and systematics are key to achieving positive results.

Motivation: your health and well-being come first! Don't forget to get up from your computer regularly and do some exercise. Be physically active and take care of your body.

Good luck with your weekly exercise programme!

Signature: _____