

# Active Minute Exercises

These meeting activities have been put together by Active Tasmania to give you some suggestions on how to make your meetings active. This form of physical activity can be as simple as an 'Active Minute' and can improve blood flow, posture and stretch out any tight muscles and lead to better work productivity. If you would like further information or help with coordinating active meetings please contact Senior Project Manager Lucy Byrne on the below details.

## Contact Details:

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## Disclaimer

I understand and agree that I participate in the following Active Tasmania activities at entirely at my own risk. I am aware of the risks involved in participating (including any specific to health and or physical condition) and I voluntarily assume all risks associated with my participation.

I accept that the University of Tasmania (the University), its employees and agents exclude all liability whatsoever for any death, personal injury or damage to property that I suffer as a result of participating whatever the cause. I forever fully release the University including its employees and agents from any such liability and I waive any present or future rights that I may have against them in relation to any such death, personal injury or damage to property. I understand that to "participate" means my participation in this an Active Tasmania initiative.

## Exercise 1 – Body Weight Squat

### Method

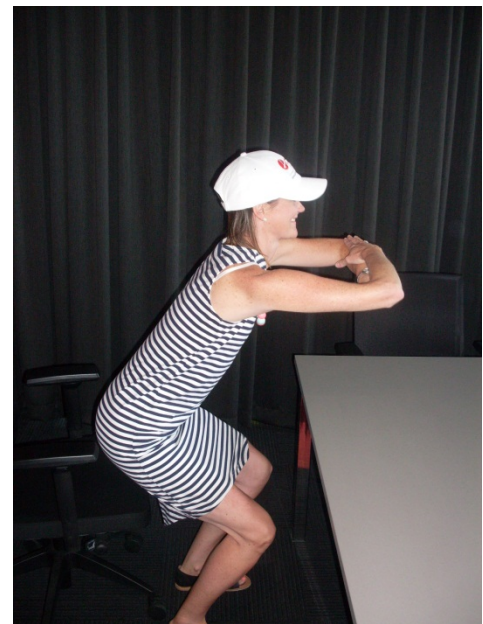
- Stand on both feet with feet shoulder width apart.
- Tuck your tail bone in, pull your shoulders back and gaze your eyes forward
- With your body weight evenly distributed through both feet, commence descent by bending through both the hips and knees. Lower yourself to a comfortable height.
- Commence extension of knees and hips by squeezing your quads and glutes back towards starting position.
- *You can make this exercise easier by squatting onto a chair and relaxing for 3-5 seconds between efforts or harder by adding 3 pulses once you are in the lowered position of the squat.*

### Muscles Targeted

Thighs, Bottom, Legs and Calves



START/ FINISH



MIDPOINT

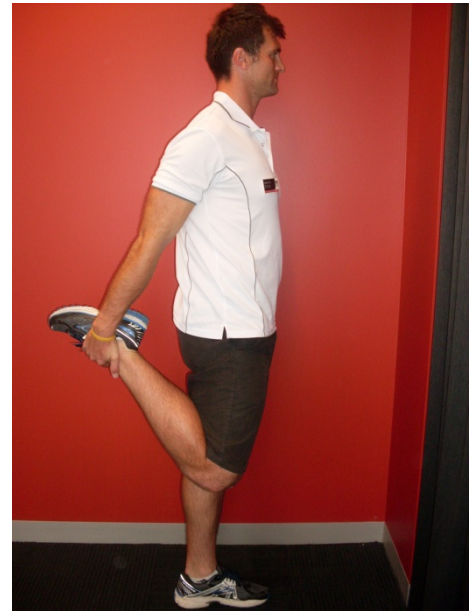
## Exercise 2 – Quadriceps Stretch

### Method

- Stand on both feet with feet shoulder width apart.
- Lift one foot off the ground and hold it with your hand on the same side pulling the heel up towards your bottom.
- Keep knees close together.
- Keep your upper body upright and hold the stretch for 15 -30 seconds. Repeat on other side.

### Muscles Targeted

Quadriceps



START/ FINISH



START/ FINISH

## Exercise 3 – Pistol Squat

### Method

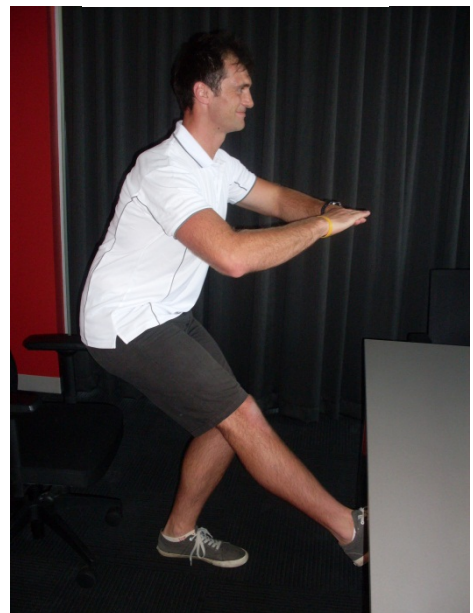
- Stand on both feet with feet shoulder width apart.
- Lift one leg off the ground whilst keeping your tail bone tucked in and hips straight.
- Commence descent on one leg by bending through the hips and knee. Keep shoulders pulled back and eyes should be facing forward.
- Lower yourself to a comfortable height then commence extension of knee and hips by squeezing your quads and glutes back towards starting position.
- *You can make this exercise easier by holding onto the back of a chair or harder by extending the elevated foot in front of your body.*

### Muscles Targeted

Thighs, Bottom, Legs, Core and Calves



START/ FINISH



MIDPOINT



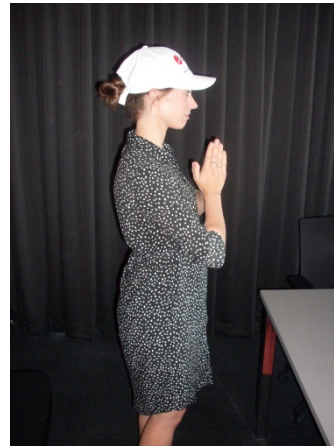
## Exercise 4 – Standing Breaststroke

### Method

- Stand on both feet with feet shoulder width apart. Soften both knees, tuck your tailbone in, lower your ribs and relax through the chin.
- Raise both hands together into a 'prayer position' in front of your chest.
- Point the fingers forward, extend the elbows then rotate the thumbs downward with palms facing outwards.
- Pull your hands backwards until you feel a stretch in the chest then repeat movement.

### Muscles Targeted

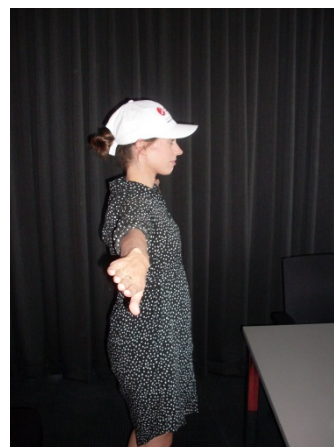
Shoulders, Upper Back, Rotator Cuff



START/ FINISH



PHASE 2



PHASE 3

## Exercise 5 – Chest Stretch

### Method

- In a standing position, place your hands behind your back and interlock the fingers.
- Pull your shoulder blades back and gently lift your hands up behind your back until you feel a stretch in across your chest. You can also stretch your chest by standing parallel to a wall, lifting your arm out to the side so your hand is touching the wall and leaning forward. Your elbow can be bent or straight for this stretch. Hold the stretch for 15 -30 seconds. Repeat on other side.

### Muscles Targeted

Chest muscles



OPTION 1



OPTION 2

## Exercise 6 – Hip Flexor Stretch

### Method

- Stand in a narrow split stance position with your left foot in front and right foot at the back. The length of your stance will differ depending on your limb length however a general guide would be 70-90cm from foot to foot.
- Keeping both toes facing forwards, both heels down, gently bend the left knee whilst keeping your upper body in an upright position.
- You should feel a stretch in front of the back thigh.
- To emphasise the stretch, image you have a 'tail' and are tucking it between your legs. Hold the stretch for 15 -30 seconds. Repeat on other side.

### Muscles Targeted

Hips, Quads, and Calves.



START/ FINISH



START/ FINISH



## Exercise 7 – Wrist Flexor and Extensor Stretch

### Method

- In a standing or sitting position, place your hands together so the fingers run in a perpendicular fashion.
- Targeting the hand with the palm facing the floor, use your other hand to pull your fingers back so you feel a stretch in the wrist.
- Repeat the stretch with your elbows straight and on the other hand. This stretch stretches your wrist flexor muscles. You can also do this stretch leaning into a wall.
- Now stretch the wrist extensors by standing up against a wall, raising straight, fingers pointing downwards and gently leaning your body inwards. Hold the stretches for 15 - 30 seconds.

### Muscles Targeted

Wrists and Biceps



FLEXOR STRETCH



EXTENSOR STRETCH



## Exercise 8 – Pelvic Mobilisation

### Method

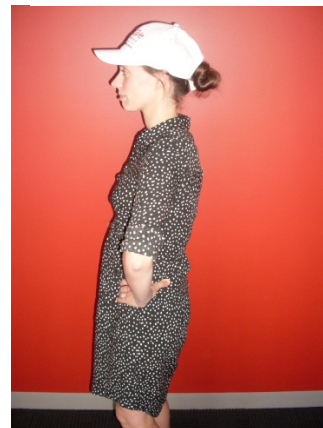
- Stand on both feet with feet shoulder width apart. Soften both knees, tuck your tailbone in, lower your ribs and relax through the chin.
- Imagine you can rock the bottom of your pelvis forwards and backwards. Keeping the knees soft, start by slowly sticking out your tailbone so you feel like starting to close in on itself.
- Once you have reached a maximum range, reverse the movement so the bottom of the pelvis comes forward and your belly button closes in on itself. Your bottom should be tense if this is done correctly. Repeat 5-10 times holding for 2-3 seconds with each

### Muscles Targeted

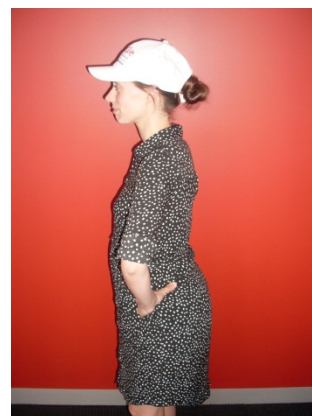
Hips and Bottom



START/ FINISH



POSTERIOR ROTATION



ANTERIOR ROTATION

## Exercise 9 – Shoulder Rolls with Calf Raise

### Method

- Stand on both feet with feet shoulder width apart. Keep your hand by your sides, soften both knees, tuck your tailbone in, lower your ribs and relax through the chin.
- Turn your thumbs on both hands so they are facing forwards.
- Keep your shoulder blades down and then retract (pull backwards) and hold for 3-5 seconds then relax letting the shoulders roll forward.
- Now add a calf raise to this movement and rise up onto the balls of your feet with every shoulder retraction. Repeat 5-10 times.

### Muscles Targeted

Upper Back and Calves



START/ FINISH

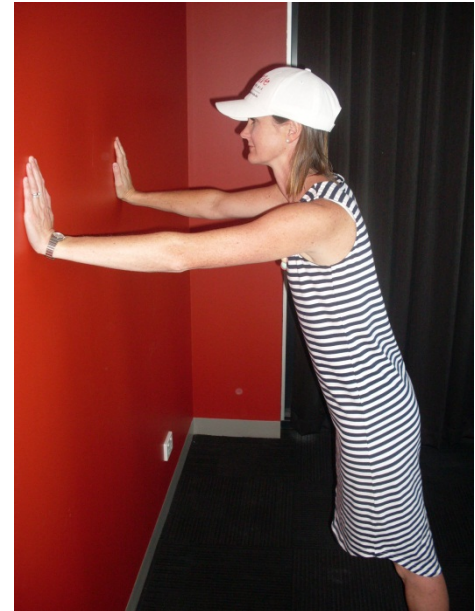


MIDPOINT

## Exercise 10 – Pushup with Scapula Rhythm

### Method

- Stand on both feet with feet shoulder width apart facing a wall.
- Place your hands up against the wall with palms against wall, fingers facing ceiling and palms at roughly at chest height.
- Keeping your abdominals engaged (imagine you are breathing through your stomach) and your bottom tight, bend the elbows and lower your chest towards the wall. This is a pushup.
- To add scapula rhythmic movements, between each push up whilst your hands are in contact with the wall, pull your shoulder blades together whilst keeping your shoulder blades down. Imagine you have a \$50 note between your shoulder blades.
- From this position pull the shoulder blades forward stretching through the upper back. Return to neutral shoulder position, complete a pushup then repeat. Aim for 5- 10 pushups with/without scapula rhythm.



START/ FINISH



MIDPOINT

### Muscles Targeted

Chest, Core and Upper Back