

# PAUSE EXERCISES

**EXERCISE BREAKS** – These are one minute exercises to do whenever you need a break. They are designed to stretch or mobilise the muscles and joints most in need of exercise. Do two or three at a time if you have time.

## 1. SHOULDER ROLLS

Roll your shoulders in circles back and forwards for a minute.

Keep your elbows close to your sides. Do it strongly enough to give your shoulder blades a good massage.



## 2. SHOULDERS BACK AND DOWN

Sit/stand up straight, pull your shoulders backward and downward to squeeze your shoulder blades together at the back.

Hold for a moment then release.

Do it 5 times, keeping your head and chest up.



## 3. SHOULDER STRETCH

Clasp your hands behind you. Stretch back as far as is comfortable.

Hold for 5 seconds.

Do 3 times.



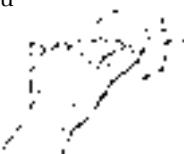
## 4. SURGEON'S SCRUBBING

Massage your palms, fingers and thumbs deeply as if you were a surgeon scrubbing up for an operation.

Also massage up your forearms, back and front.

Then slide down your arm as if taking off 'gloves' of suds.

Do it for 30 seconds.



## 5. BACK STRETCH

Place the heels of your hands on your belt line at the back and push back gently.

Lean back over your hands slowly and without pain.

Keep your head and chest up.

Do it 10 times.

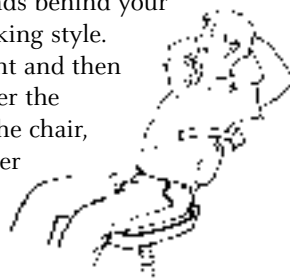


## 6. MANAGER'S STRETCH

Put your hands behind your neck, sun-baking style. Sit up straight and then lean back over the backrest of the chair, like a manager might do when relaxing, then straighten up again.

This stretches the spine over the backrest and also the front of your chest.

Stretch 3-5 times.



## 7. STANDING TALL

Go up onto tip toes 10 times.

## 8. PEC DECK

Elbows up at face height, hands behind your neck.

Take the arms out as you breathe in and straighten up.

Feel the stretch across the front of your chest. Then close the movement as you breathe out.



## 9. PICKING APPLES

Reach one arm up overhead to the roof as high as you can, lower it and do the same with the other arm.

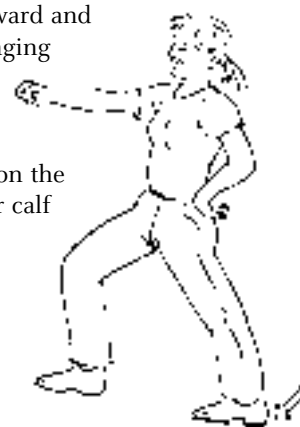
Repeat 3 times.

## 10. LUNGE STRETCH

Take a step forward and balance in a lunging position. Keep your back up straight and your back heel on the floor while your calf stretches.

Hold for 5 seconds and swap over.

Do it twice each side.



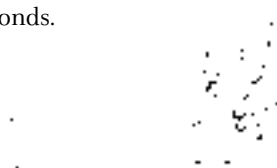
## 11. STOP STRETCH

Hold your right arm out as if you're stopping traffic. With the other hand pull the right palm so you feel a stretch in your forearm.

Hold for 5 seconds.

Swap arms.

Do it twice each side.



## 12. GRIP OPEN & CLOSE

Open and close your grip quickly for 10 seconds.

Do finger gripping as well as whole hand gripping.

For more information contact Workplace Standards Tasmania  
Phone: 1300 366 322 Fax: (03) 6233 8338  
Email: [wstinfo@justice.tas.gov.au](mailto:wstinfo@justice.tas.gov.au)



1300 366 322 [www.workcover.tas.gov.au](http://www.workcover.tas.gov.au)