



# Balance Cushion Office Workout

## Exercises

### RATING SYSTEM FOR SHARED OFFICE SUITABILITY

The rating system used for Shared Office Suitability is our exercise guide for differing work environments. Work environments vary widely so exercises that may be deemed acceptable for one workplace may be quite inappropriate in another. Firms which already have adopted standing at work schemes could be judged as having a rating system of one level higher than a purely seated office, i.e. an exercise with a Shared office Suitability of 3 could be considered as a 4 in an office where many employees routinely stand. Classification is based on both level of distraction to a co-worker and level of social acceptability in a work's setting.



**Rating 1:** In general, exercises involving lying on the floor or across a piece of apparatus are considered only suitable for home workers. Least suitable for shared office.



**Rating 2:** Exercises involving vigorous movements particularly when standing are classed as suitable for homeworkers and those with a private office.



**Rating 3:** Exercises requiring less vigorous movements which may be suitable for shared office (again very workplace dependent). Typically, these would be seated exercises where arms are raised above the head but could involve standing exercises.



**Rating 4:** Generally, this relates to seated exercises where arms do not exceed shoulder height and should be fine for an open plan office environment.



**Rating 5:** Exercises which should be acceptable in any environment involving small discreet movements (such as isometric contractions or stretching). Most suitable for a shared office.



### 1. LUNGE

1. With arms by your sides take a step forward onto the air cushion.
2. Lower your body down and lean your torso slightly forward with your leg pushing the cushion.
  - Fix the eyes on a point straight ahead and avoid the temptation to look down at the feet.



### 2. DUMBBELL SQUAT

1. Hold the dumbbells at your sides and stand firmly on the air cushion.
2. When you are ready, bend at the knees until you are at 90 degrees to the floor, keeping your back straight. Hold for a second and extend your legs until you are at the starting position and repeat.
  - Avoid looking down at the feet. Keep the back straight and shoulders back.



### 3. SINGLE LEG SQUATS 〰〰〰〰

1. Stand with one leg on the cushion. Bend one leg on the knee backwards and try to keep balance.
  2. When ready, lower your body towards the cushion while bending the knee and keeping the balance.
- Try to establish a rhythm and maintain regular breathing patterns.



### 4. SIDE LUNGE 〰〰〰〰

1. Arms by your sides. Take a step to one side and onto the air cushion, lowering your body down and leaning your torso slightly forward with your weight on the outside leg.
2. Keep your trailing leg straight. Push off your outside foot to return to the start position. Repeat with other leg.



### 5. POWER STEP UP 〰〰〰〰

1. Stand upright with one foot on a step with your arms at your sides.
  2. Push off the top foot and drive up with your arms, coming up off the step.
- Land with the top foot on the step and the other foot on the floor.



### 6. SQUAT JUMPS 〰〰〰〰

1. Stand on the dome with the legs bend on the knees and your arms by your sides.
  2. Push up and jump while keeping stability. Keep your arms by your sides. Relax a bit and repeat.
- Drive straight up into the air aiming for lots of height.



### 7. CROSSOVER LUNGE 〰〰〰〰

1. With arms by your sides take a step to one side and onto the air cushion, lowering your body down and leaning your torso slightly forward.
2. Push off your outside foot to return to the start position.



### 8. BICEP CURL 〰〰〰〰

1. Maintain a good stepping action to the full range of movement.
2. Curl both hands up towards the shoulders whilst keeping the elbows tucked tight against the trunk.