

PIONEER PAUSE | 15-min FITNESS | “UNDO THE DESK”

Why bother taking movement breaks?

Lower your risk of serious health issues

Reduce common aches and pains

Stimulate your productivity

Boost your metabolism

Increase your energy

Tone your muscles

Relieve stress

WARM UP: (~30sec/exercise)

- **Ballistics:** Jumping Jacks / Arm Circles / High Knees + Butt Kicks
- **Stretches:** Waiter Bows / Pot Stirs / Neck Circles (quick)

CIRCUIT: (~10 reps/exercise, minimal rest, repeat circuit 1-3 times)

- **(1) Squat**
 - Variations: Standard → Arms Overhead → *Weighted*
- **(2) Push Up**
 - Variations: Wall → Knees → Toes → Legs Elevated → *Weighted*
- **(3) Reverse Step Lunge**
 - Variations: Standard → Arms Overhead → *Weighted*
- **(4) Plank-to-Downward-Dog**
 - Variations: Wall → Knees → Toes
- **(5) Alternating Single-Leg Toe Touch**
 - Variations: Touch Knee → Touch Ankle → Touch Toe

COOLDOWN: (~30sec/exercise)

- **Moving:** Cobra Shoulder Retraction / Heel Walks
- **Static:** Single Leg Balance / Toe Raise / Neck Circles (long)

www.ChaseBarron.com/HomeExercise

www.PointPark.edu/PauseOnline