# Strengthen and Lengthen

Improve core strength and muscle tone with these active exercises before you work or during breaks.

Consider using this time to discuss safety issues, too.



Warm up your entire body by making large circles with your arms while marching in place.

One minute

### Five, side to side

Stand upright with arms relaxed. Take five wide sidesteps to the right and then to the left.

**Repeat five times** 

### Deep lunges

Take a large step forward into a deep lunge. Keep torso straight and upright. Feel stretch in thigh and groin. Do not let your forward knee go past your ankle. Hold 12 seconds. **Repeat three times, each side** 

### **Chest stretch**

Hold bar (or pretend to) behind neck, arms bent at elbows 90 degrees. Gently pull bar backward away from head until you feel a stretch in the front of the shoulders. Hold for 12 seconds, then relax.

**Repeat five times** 

### Buttock strengthen

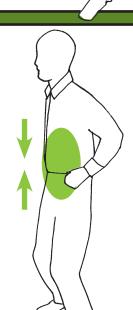
Stand straight, extend one leg backward contracting buttock muscle. Keep trunk upright. Hold 12 seconds.

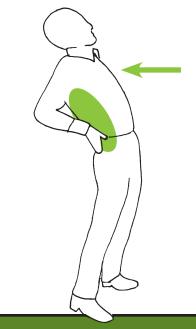
Repeat three times each side

## Standing crunches

Stand straight, tighten stomach muscles by pulling rib cage and pelvis together. Hold 12 seconds.

**Repeat five times** 





### Back extension

Place hands on hips. Slowly bend backward, keeping knees straight. Do not extend your head. Hold 12 seconds.

**Repeat five times** 

If you have an existing muscle, joint, or disc injury, or experience pain with exercise, consult your doctor before doing exercises.

### Exercise slowly, **don't bounce!**

Source: Jennifer Hess, DC, MPH, PhD University of Oregon Labor Education and Research Center

