

The Working From Home Movement challenge

#WFHMovementChallenge

IF POSSIBLE,
WEAR COMFY /
WORKOUT CLOTHES
FOR YOUR
WORKING DAY

SET YOUR ALARM TO
GO OFF 8 TIMES
THROUGHOUT YOUR
WORKING DAY

AT EACH ALARM
YOU'LL TAKE A
≤ 4-MINUTE
"MOVEMENT BREAK"

START WITH 1 SET,
THEN WORK UP TO
THE TARGET OF
4 SETS

MOVEMENT BREAK 1: [3-Minute Warm Up Routine](#)



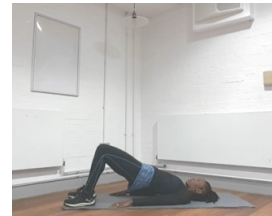
MOVEMENT BREAK 5: [10 Back Hypers](#) [Target: 4 Sets]



MOVEMENT BREAK 2: [10 Jumping Jacks](#) [Target: 4 Sets]



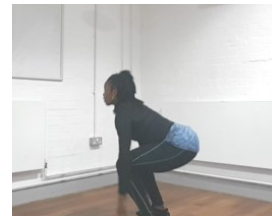
MOVEMENT BREAK 6: [10 Glute Bridges](#) [Target: 4 Sets]



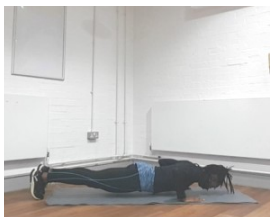
MOVEMENT BREAK 3: [10 Sit-Ups](#) [Target: 4 Sets]



MOVEMENT BREAK 7: [10 Squats To Calf-Raises](#) [Target: 4 Sets]



MOVEMENT BREAK 4: [8 Press-Ups](#) [Target: 4 Sets]



MOVEMENT BREAK 8: [Upper Body Stretch Routine](#)



1 DAY OF THE CHALLENGE ≈ 30 MINS MODERATE-INTENSITY EXERCISE
5 DAYS OF THE CHALLENGE ≈ 150 MINS MODERATE-INTENSITY EXERCISE
150 MINS MODERATE-INTENSITY EXERCISE PER WEEK =
RECOMMENDED GUIDELINES FOR PHYSICAL ACTIVITY ✓

WWW.TOREMATHOMPSON.UK/WFH