

Exercise description

“SMART-BREAK”

“*Victory & Love*” exercise (can be performed sitting or standing)

1. Raise your right hand sideways to about chest height and form the letter “L” with your index finger and thumb. With your left hand, form the letter “V” with your index and middle fingers.
2. Now form the letters “L” and “V” alternately with your right hand. Repeat the same with your left hand. “V“-”L“-”L“-”V“-”L” and so on.
3. Next, one hand forms “L” and the other hand the “V”. Now always alternate at the same time.

„*Piano*” exercise (can be performed sitting or standing)

1. Each finger touches the thumb once: first the little finger, then the middle finger and finally the index finger - then the whole thing back again.
2. Repeat the whole thing with the other hand.
3. Now repeat the sequence with both hands at the same time - but one hand starts with the thumb and index finger, the other with the thumb and little finger.

„*Police officer*“ exercise (should be carried out standing up)

1. The right arm moves from top to bottom in a rhythm of two.
2. The left arm moves from the top, to the side and downwards in a rhythm of three.
3. Now perform both exercises simultaneously. Count to 6.
4. 1 means both arms are up and 6 means both arms are down.

“*Ball throw*” exercise (you will need an exercise partner and a ball for this)

1. You throw the ball with your right hand and your opponent catches it with their right hand.
2. Your opponent then throws back with their right hand.
3. You now catch the ball with your left hand and throw it to your opponent with your left hand.
4. Your opponent catches the ball with their left hand and throws it with their left. You catch the thrown ball again with your right hand. This creates a right-right-left-left rhythm.

„*Parallel ball*“ exercise (you will need two (tennis) balls for this)

1. Throw both balls at the same time about 20 - 30 cm high.
2. Cross your arms and catch the balls with your arms crossed.
3. Throw the balls up again from this position. During the flight phase of the balls, stop crossing your arms and catch the balls again in the starting position.