

**Maximum flexibility for your learning environment**  
 Learning alone or in a group?  
 Teach sitting down or standing up?  
 Work quietly or present out loud?  
 We plan learning spaces that move with the times and make digital teaching and bring digital teaching to life. You too can create a modern learning and teaching environment with flexible furniture that impresses with its innovative and aesthetic design.  
 Our learning room planners will advise you nationwide and equip you you with modern furniture.



## Effective work-out for the classroom

Fit from head to toe on the PRO CHAIR

On this poster you will find small loosening-up exercises on a chair. They not only revitalise „tired“ muscles, tendons and ligaments, but also get the grey cells working.

## Our Pro Chair family.



**PRO CHAIR**  
 Swivel chair with armrests and chrome frame



**PRO ARMCHAIR**  
 Four-star wooden frame with seat cushion



**PRO CHAIR**  
 Four-star chrome frame  
**PRO CHAIR**  
 Four-legged frame  
**PRO CHAIR**  
 Wooden four-legged frame



**PRO CHAIR**  
 Plusminus



**PRO CHAIR**  
 Four-legged frame with armrest



**PRO CHAIR**  
 C-frame Chrome

Contact us!



# 1

## EXERCISES FOR THE HEAD

**EFFECT** Relaxation, stretching and mobilisation of the neck muscles  
a) Head turning  
b) Head tilt  
c) Head swing  
d) Head nod



# 6

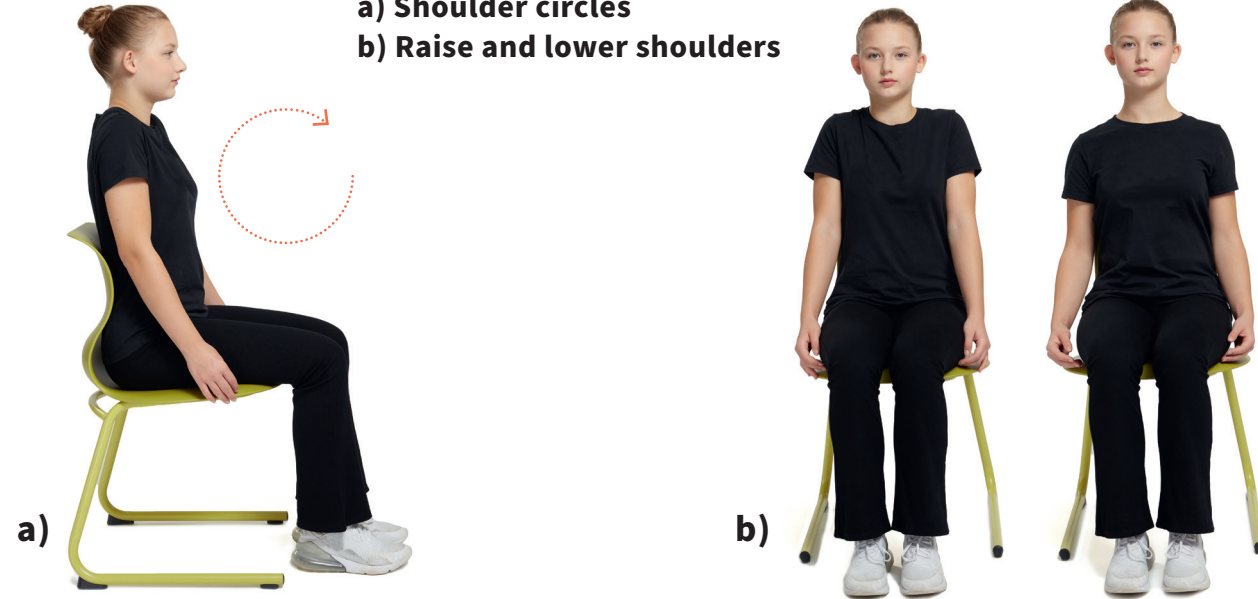
## EXERCISES FOR THE CHEST

**EFFECT** Stretching the chest and shoulder area and activation of the back  
a) Open chest  
b) Stretch your chest



## EXERCISES FOR THE SHOULDERS

**EFFECT** Relaxation and mobilisation of the core muscles, facilitation of breathing  
a) Shoulder circles  
b) Raise and lower shoulders



# 2

## EXERCISES FOR THE PELVIS

**EFFECT** Relaxation and mobilisation of the pelvis  
**Circle of eight**  
• With your long, raised leg slowly in a figure eight.



# 7

## EXERCISES FOR THE LEGS

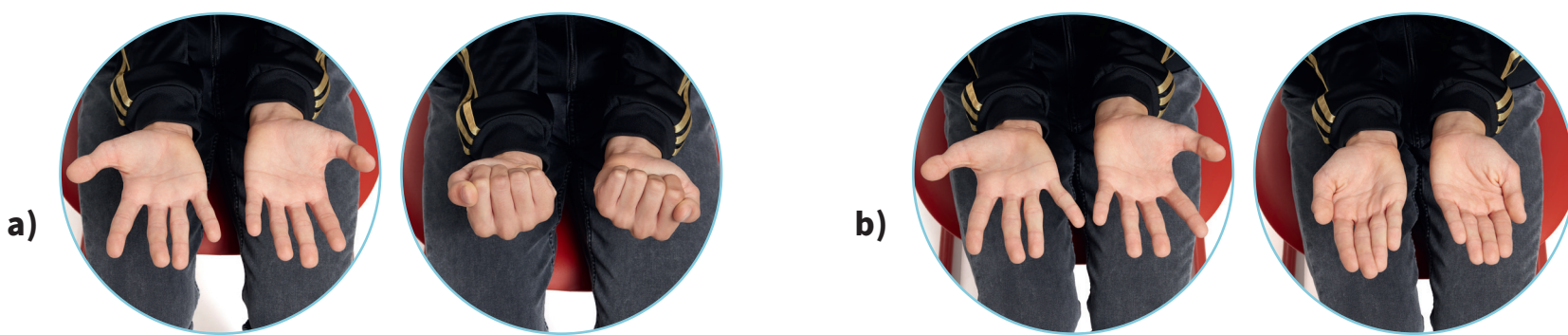
**EFFECT** Loosening, strengthening and mobilisation of buttocks and legs  
a) Single leg deadlift  
b) Standing leg lifts and hip extensions  
c) Back lunge



# 3

## EXERCISES FOR THE HANDS

**EFFECT** Loosening and mobilisation of the hands, stimulation of blood circulation and circulation, stretching tense muscles  
**Starting position for a) and b)**  
• Hold your arms bent in front of your body. Upper arms touch the body.  
a) Clasp your fingers together  
b) Fan your fingers



## EXERCISES FOR THE ARMS

**EFFECT** Stretching the upper body and mobilising of the thoracic spine  
**Stretch your arms upwards**  
• Alternate between stretching your right and left arm up over your head. Keep your elbow slightly bent.



# 4

## EXERCISES FOR THE UPPER BODY

**EFFECT** Stretching the upper body and conscious breathing  
**Lean your upper body back**



## EXERCISES FOR THE FEET

**EFFECT** Activation of the foot muscles  
**Starting position for a) and b):**  
• Slide both hands under your right thigh so that your foot lifts slightly.  
a) Circling  
b) Point & flex  
c) Caterpillar



# 9

## Tips for an effective Work-out with chair

- Use a chair without armrests and wheels.
  - The chair should be set high enough so that you can place your feet completely on the floor or a footrest.
  - Breathe in and out consciously during each exercise.
  - If an exercise does not feel good, take a break and check your starting position.
  - Perform the exercises consciously.
- Start slowly and carefully and gently increase the range of motion the range of motion for more intensity.
- Repeat each exercise about 15 times.

# Effective work-out for the classroom

Fit from head to toe on the PRO Chair

There is also an effective solution for your digital whiteboard  
WORK-OUT with chair. You can find the exercises here:



CHRISTIN and NOAH  
are sporty in their free time.

Athletics, swimming and dancing are among CHRISTIN'S favourite hobbies. She particularly enjoys dancing: Jazz dance and hip hop. She is now the youngest member of her club's master-class. At school, she particularly enjoys taking English lessons. She has not yet travelled abroad to an English-speaking country - but that is about to change. She is planning to travel to Canada with her family soon, as she has relatives living there.

NOAH is a real football fan - he trains four times training four times a week and plays in the U15 team at Eintracht Norderstedt. As a coach, he teaches seven-year-olds how to play football. When he's not playing himself or coaching others, he prefers to go to his favourite club in the stadium. He also enjoys travelling, video games and making music and trying out new instruments.