

Useful exercises for an effective lunch break

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Rovena .'s 15-minute lunch break workout

Rovena's lunch break exercises have many benefits, especially for beginners. It helps the practitioner improve the digestive system in just 15 minutes. With this short exercise, you still have time to have a light lunch before starting or finishing the exercise.

The exercise consists of 2 different movements, 30 seconds each, followed by 10 seconds of walking in place. Movements, such as heel-to-toe and side walking, are usually very easy and minimally affected. In fact, since Rovena has fine-tuned workouts, it's the perfect workout class to stay fit and healthy.

Growwithjo's lunchtime routine

This afternoon workout is short but fun. All in just 15 minutes. The frequency of each exercise is 40 seconds, the transition between each exercise is 20 seconds of gentle walking. The movements are basic but enough to make you sweat.

The amount of calories burned after you do the above exercise is about 150 and 200, this number varies from body to body.

Body Fit by AMY 5-minute break

Did you know that you don't need more than five minutes to have a good workout during your lunch break? Even if you're low on motivation or busy, BodyFit By Amy's 5-minute lunchtime workout is the perfect, quick energy boost. Also, you don't need any luxury gym equipment during your workout.

In the video above, Amy teaches some basic exercises and stretches to increase blood circulation. You can follow her YouTube channel to see more exercises.

Moore2Health's midday workout

Walking exercises are very popular, mainly because they are easy to follow and convenient. That's why they are usually picked at lunchtime. So, for a midday break, try Moore2Health's 15-minute walking workout.

This exercise is a lively mix of marching in place and fun cardio dance moves like the toe tap and the cha-cha step.

Team ENERGIZE .'s 10-minute break exercise

The exercises during the lunch break should be simple and uncomplicated. The Team ENERGIZE exercise meets those two criteria. What's more, you really don't need exercise equipment, just a wall to lean on.

The video includes a series of beginner-friendly exercises that you do in just 30 seconds, such as crossing your legs and sitting against the wall, followed by a few calves and muscle stretches.

Above are some useful and easy **afternoon exercises for office workers** . Hope this article is suitable for you.

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