

THE ACTIVITY CLOCK

This activity for this weekend is the activity clock.

How the activity clock works:

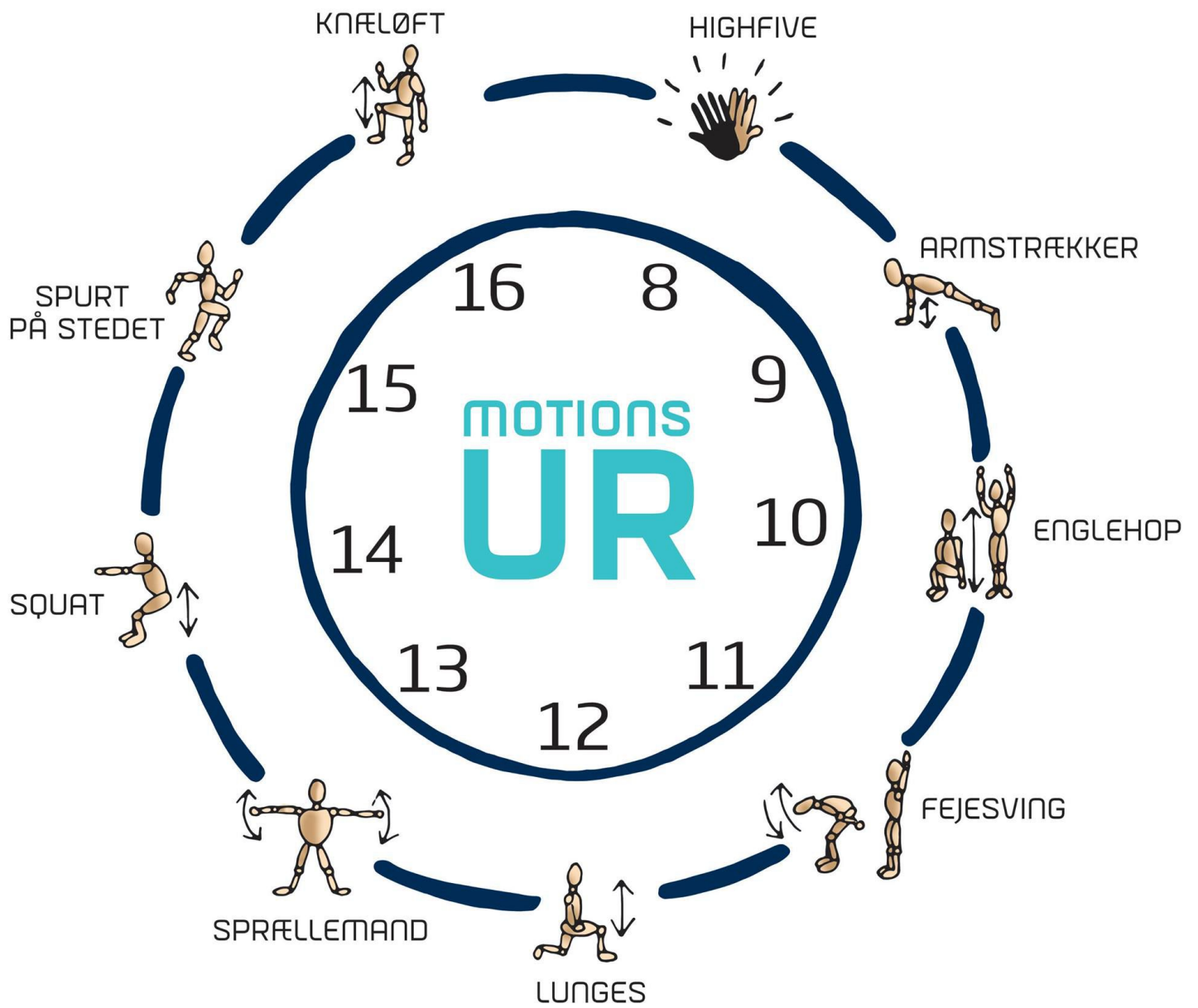
- Use the activity clock to be more active during your weekend or work-day.
- Each time the clock strikes the hour from 8 a. m. to 4 p. m. you will have to carry out an exercise. The exercise must be quick and easy – and possible to carry out alone or with a partner.
- Hang the activity clock several places in your home or at work and mark each hour with a signal that tells everyone that it is time to exercise. Team up with a family member or a colleague to make sure to carry out the exercises.
- Example on how to use the clock: 9 o'clock you do nine pushups and 3 o'clock it is time to do three burpees.
- Feel free to replace the activities, and use your imagination to take advantage of your surroundings (long hallways, stairs, nature etc.).

Go to <https://motionsur.dk> for more information on the activity clock or to create your own. (In Danish)

This activity is provided by Dansk Firmaidræt that has signed a partnership agreement with SDU Moves.

Have a nice and active weekend!





MOTIONSUR

KNÆLØFT



HÆLSPARK



ARMSTRÆKKER



SPURT
PÅ STEDET



16

8

9

15

10

14

ENGLEHOP



13

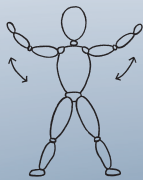
11

SQUAT



12

SPRÆLLEMAND



LUNGES

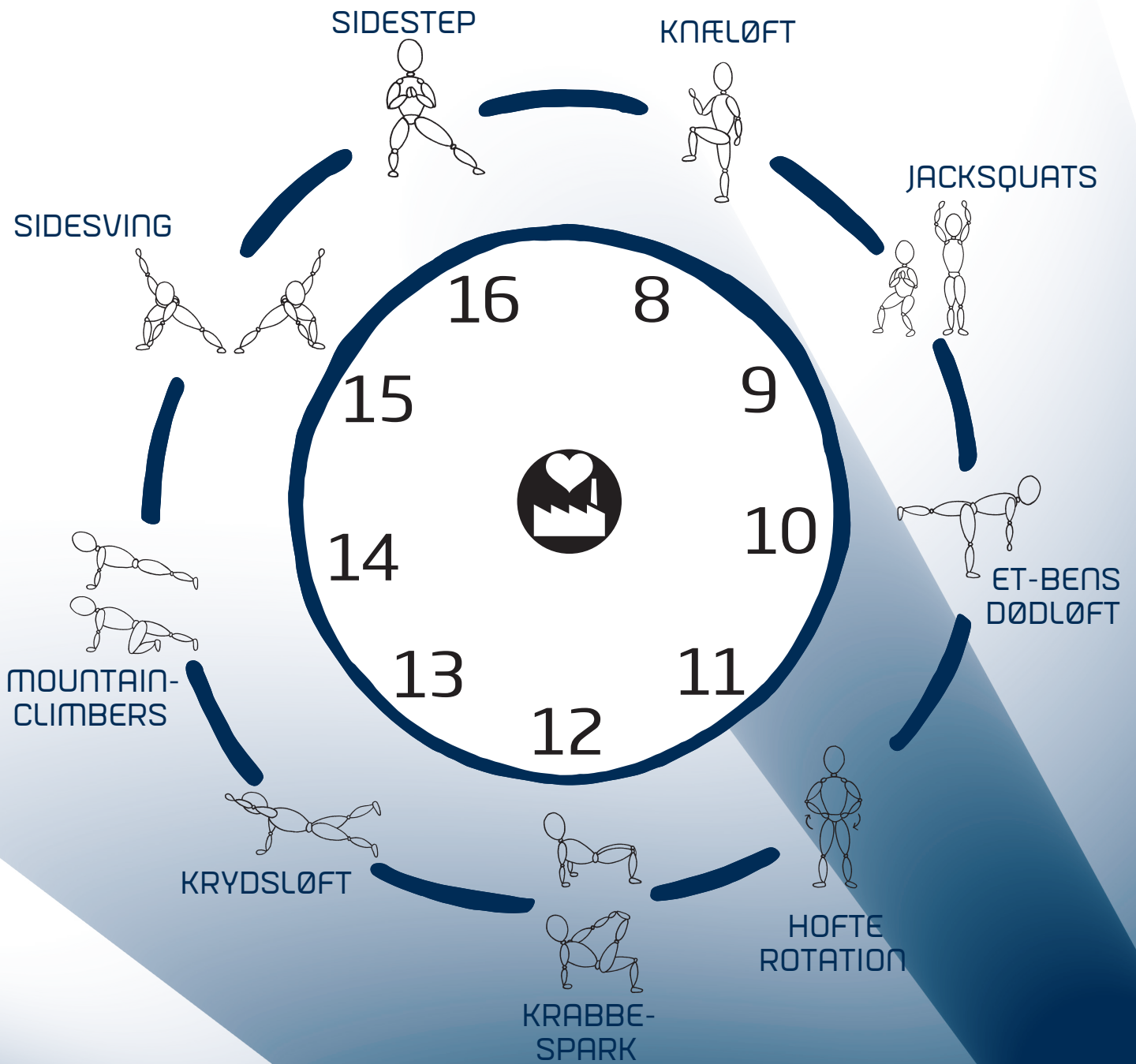


FEJESVING



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