

PREPARE YOURSELF FOR ESIG MEETINGS 2022

WITH ESIG TRAINING MATERIAL



01

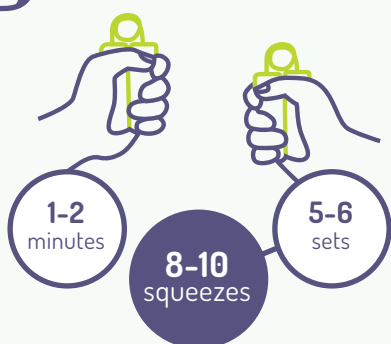
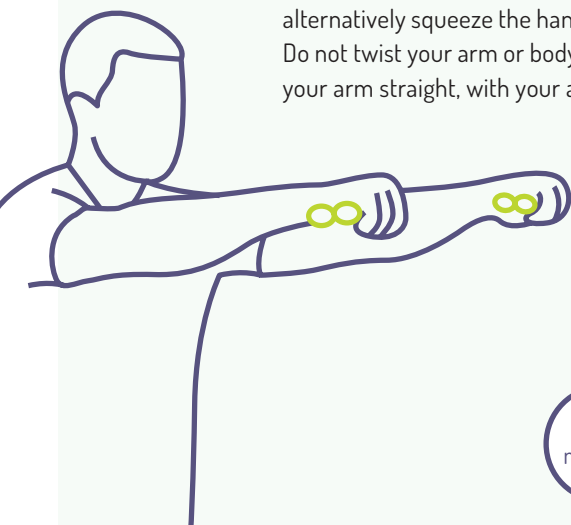
HAND EXERCISER

to practice for a firm handshake should we meet again

Watch to hold them correctly.

You can train with the hand grippers by going for repetitions and max close, or holding a close for a set or max period of time. You can stand or sit.

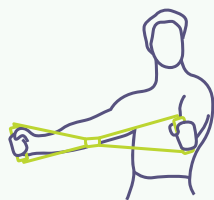
Just squeeze the grip while comfortably sitting at the desk or alternatively squeeze the hand exerciser fully with your arm straight. Do not twist your arm or body when you squeeze the exerciser. Keep your arm straight, with your arm raised at your side.



02

CHEST EXPANDER

to help you breathe through the meetings

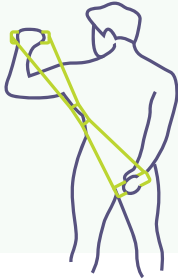
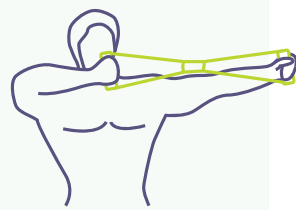


Pullout in front

The expander is held in front of the body at shoulder level. Keep the arms straight, pull the expanders outwards until they are touching the chest. Return to the start and repeat it again.

The Archer Movement

Keep the left arm straight sideways and pull the right arm outwards until it is at arms length. Return to the start position. Do not use your shoulder. Keep it and the whole work should do your triceps.



Alternate Pressing

Hold the expander behind your back, with right hand as low as possible and the left hand held at shoulder level. Keep the right hand straight and push the left hand overhead to arms length, then lower and repeat. Same scheme for the other hand.

03

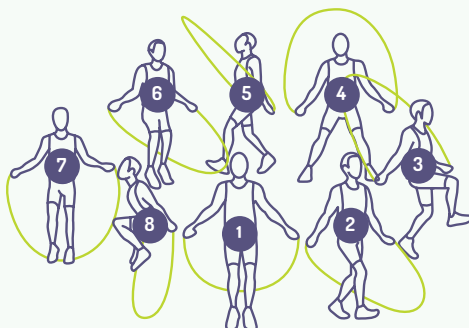
JUMP ROPE

to make you fit for running after planes or trains

10 minutes

There are again multiple exercises but why not try a 10 min workout

- 0:00-0:20 — Move #1: Two feet together
- 0:20-0:30 — Rest
- 0:30-0:50 — Move #2: Front Straddle
- 0:50-1:00 — Rest
- 1:00-1:20 — Move #3: High-knees in place
- 1:20-1:30 — Rest
- 1:30-1:50 — Move #4: Side straddle
- 1:50-2:00 — Rest
- 2:00-2:20 — Move #5: Heel to toe
- 2:20-2:30 — Rest
- 2:30-2:50 — Move #6: Five hops to the left, five hops to the right
- 2:50-3:00 — Rest
- 3:00-3:20 — Move #7: Alternate feet
- 3:20-3:30 — Rest
- 3:30-3:50 — Move #8: Double hop
- 3:50-4:00 — Rest
- 4:00-5:00 — Easy skip for recovery



Repeat

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