

Self-as-Other-Trainings, Instruction: Retail

Stand straight.

Storing goods

Bend upper body down.

Grasp with both hands.

Bend upper body up.

Stretch arms out.

Open hands.

Stand straight.

Bend upper body down.

Grasp with both hands.

Bend upper body up.

Stretch arms out.

Open hands.

[repeat continuously]

2 min.

Sorting shelves

Stand straight.

Lift your hands up.

Form your hands to fists.

Move your left hand slightly back and your right hand slightly forward.

Repeat,

while you move your upper body downwards.

[repeat continuously]

2 min.

Scanning goods

Bend arms.

Move your left hand to the left side.

Move your left hand back.

Move your right hand to your left hand.

Move your right hand to the right side.

Move your left hand to the left side.

Move your left hand back.

Move your right hand to your left hand.

Move your right hand to the right side.

[repeat continuously]

2 min.

Cleaning shelves

Stand straight.

Move one hand slightly upwards and into the front.

Make steady circular movements.

[repeat continuously]

Move slowly to the side.

2 min.

Cleaning floor (vacuuming)

Stand straight

Bend back slightly.

Move hands to the front and move hands in one line.

Move your arms steady back and forward.

[repeat continuously]

Move slowly to the side.

1 min.

Cleaning floor (wiping)

Stand straight

Bend back slightly.

Move hands to the front and move hands in one line.

Move your arms steady in an loop from left to right.

[repeat continuously]

Move slowly to the side.

1 min.

Duration: 10 min.

Difficulty: Intermediate

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