

TAKE 5  
Just takes 5 minutes





# TAKE5

# nurus

Starting with our 'health in workspaces' philosophy, our approach in designing Take 5 was to minimize health problems caused by sitting for long periods of time, help you utilize your breaks in the most efficient way possible, and increase your motivation. Take 5 helps you do light exercise moves such as stretching. You can keep healthy with just a 5-minute break from work.

Take 5 is an exercise tool designed to enable you to increase your energy and motivation in workspace, and preserve your health by sparing only 5 minutes of your busy schedule. Take 5 is not an ordinary exercise tool, it's also a piece of furniture; not only innovates workspaces with its mirror, but it also promotes a healthy lifestyle and the will to exercise!

Working at a desk for long hours staying in the same position is a primary cause of cervical lordosis loss, carpal tunnel syndrome, obesity and depression, along with chronic muscle pain, cramps and posture disorders.

Take 5 minimizes these effects by helping you get away from stress, providing peace for your mind, regulating your blood flow, flexing your muscles, and straightening your posture.

Take 5 is not professional exercise equipment. It is designed to support light exercise moves such as flexing and stretching, in order to provide motivation and help preserve and improve health conditions for people of all ages and body forms.

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## Ece Yalim Design Studio

Graduated from the Industrial Design Department of Middle East Technical University in 1988, Yalim completed her Master's Degree in interior design at the Pratt Technology Institute in New York in 1992. Oğuz Yalim graduated from the Fine Arts Interior and Environmental Design Department of Bilkent University in 1993. From 1993 onwards, Yalim designed interior spaces like offices, hotels, stores, showrooms, restaurants and homes. Yalim designs furniture specific to the individual and venue, lighting and products.

Ece Yalim cofounded Artful Interior Design in 1996 with Oğuz Yalim and Ece Yalim Design Studio in 2004. Ece and Oğuz Yalim work in venue and product design and apart from their own brand they design home, office furniture, lighting and accessories for AHK Interiors, Arlight, Ar-Yıldız, Atlas Halı (carpet), Kale, GW Global Warehouse, Nurus, Moonlight, Paşabahçe Mağazaları (Stores) and Rapido.





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These exercises which you can do with Take 5 have been prepared as solutions for pains and tensions that are likely to occur after long working hours felt on joints such as waist, neck, back, shoulders, and knees and on muscles that surround them. With these exercises, both your muscles will strengthen, and your posture will improve. These exercises, which would take only five minutes of your time during work breaks, will open the door to 'a Painless Life'.

Make sure to get your physician's approval before you do these exercises if you have pain on any part of your body, a diagnosed illness and/or a special condition.

Make sure you pick the most suitable elastic band color for yourself before you begin the exercises. To determine the elastic band color, read Take 5 Exercise Instructions.

Beginners should prefer low-resistive elastic bands. When you feel your strength has improved and you can do the exercises without difficulty, you can change the elastic band color, thus increasing the band's resistance. We strongly recommend that you read Take 5 Exercise Instructions to determine the suitable elastic band color for you.

Do the daily stretching exercises in a single set with 3 repeats, preserving the same position for 20–30 seconds; do the daily strengthening exercises with 8–10 repeats. The Gazi University Faculty of Health Sciences prepared take 5 exercises.

## Exercise Instructions



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The Take 5 exercise station is designed to stop the work inflicted pain on your musculoskeletal system by accelerating blood circulation in your body with a few exercises that you can try during the short breaks that you take in your busy workday.

The Take 5 is an indispensable part of the elastic band exercises. Exercises that use progressive resistance have been used safely all over the world for the past 30 years. Today, elastic bands are frequently used in progressive exercise systems. Elastic bands, which create progressive resistance, are exercise tools designed to increase performance parameters such as strength, durability, and flexibility while improving your mobility.

Resistance in elastic bands depends on different length and elastic coefficients. A typical characteristic of elastic material (elastomer) reveals itself with the change in the resistance of the material as it grows or stretches. A 1-meter band reaches 2 meters with %100 elongations. The most clinically effective range of elastic resistance is between 25% to 250% elongation. Using this percentage range during exercise will result in the most effective and safe exercise. The elastic coefficient raise in the elastic material is used to increase the strength of the resistance. This feature is provided by different band colors.

Different elastic band colors apply progressive resistance with increasing thickness of material. Each color varies in strength depending on the percentage of elongation. There is a 20-30% difference between the strengths of different elastic band colors at 100% elongation.

## Elastic Band Selection



## **How can I determine the right color band for me?**

The most practical way to determine the right band color is the “Perceived Difficulty Level” method. Imagine that you are showing the difficulty level that you feel while exercising on a scale of 1-10. The ideal elastic band color for you is at the 4-6 ranges, the one that you would consider “a little hard”. The resistance of the band should not inhibit you from completing the exercise correctly. Additionally, executing the movements of the exercise perfectly is extremely important. When you are moving, your arms or legs should be linear, and the resistance of the band should not cause them to sway, especially at returns.

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## **Will a single exercise band be enough for all exercises?**

All muscles in your body have different levels of strength. For example, the band you chose to work out your shoulders might not be the correct one for your knees. As such, you should determine which color band you will use for each body part before exercising.

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## **How many repetitions should I do for each exercise?**

You should repeat each exercise 8-10 times in each set to strengthen your muscles. You can increase the number of sets to 2-3 if you want to increase your muscles’ endurance as well as their strength.

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## **How should I position my body while exercising?**

Your center of gravity is 1-2 cm’s in front of your second lumbar vertebra. In order to use your energy most efficiently while completing the exercise correctly, try to minimize moving your center of gravity while exercising. For this reason, when exercising, you should take care that the other body parts move as little as possible.

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You can protect your health and minimize the risk of health problems,  
which are caused by sedentary lifestyle and desk job with  
**Nurus Body Wellness.**



TAKE5

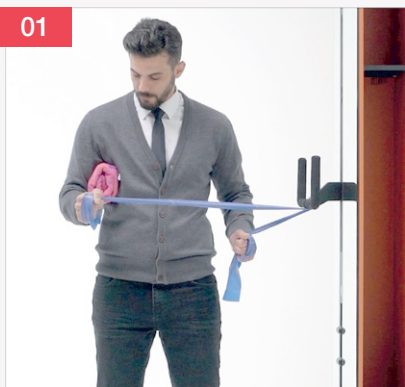
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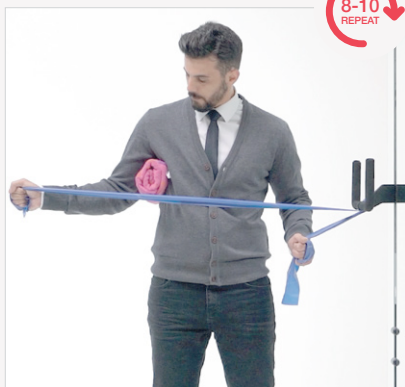
# 01 Strengthening Exercises for Shoulder Muscles



01



Stand close to Take 5 and turn sideways. Place the mobile bar at elbow level. Tie the elastic band at wrist level. Place a towel under your arm that is away from Take 5.

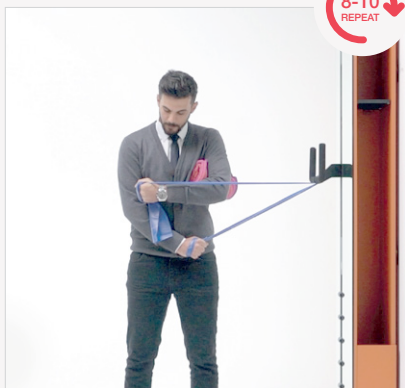


Count to 5 at the end point, return to the beginning position.

02



Place the mobile bar at elbow level. Tie the elastic band at wrist level. Place a towel under your arm.

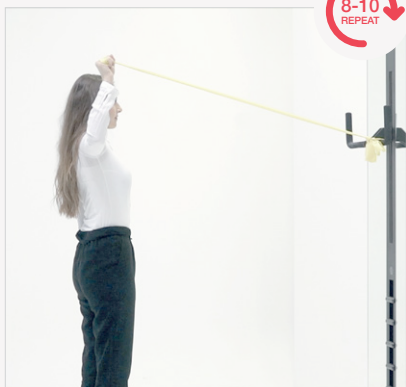


Stretch the elastic band and move your hand towards your torso. Count to 5 at the end point, return to the beginning position.

03

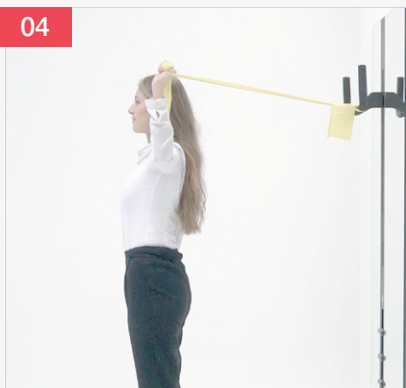


Tie the elastic band at shoulder height. To begin, stand with your arms open  $90^\circ$  to the side, with your elbow bent  $90^\circ$ , with your palms facing the floor. Hold the band tightly. With your palm facing forward, raise your hand against the resistance from the band.



Count to 5 at the end point, then go back to the beginning. Keep your arms open at  $90^\circ$  for the duration of the exercise. Make sure that you stand with your arms open  $90^\circ$  to the side, with your elbows bent  $90^\circ$  at the end point of the exercise.

04

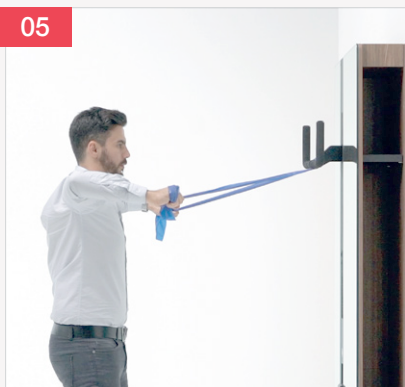


Face away from Take 5. Tie the elastic band at head height. To begin, stand with your arms open  $90^\circ$  to the side, with your elbow bent  $90^\circ$ . Hold the band tightly. Lower your arms against the resistance from the band with your palms facing down.

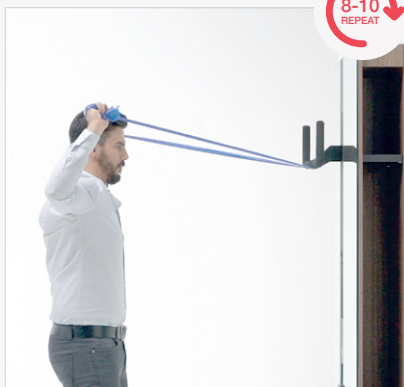


Count to 5 at the end point, then go back to the beginning. Make sure that you stand with your arms open  $90^\circ$  to the side throughout the exercise.

05



Tie the elastic band on the middle with both ends hanging free. To begin, make sure that your arms are open to the side  $90^\circ$  that your elbows are bent  $90^\circ$ , and that your palms are facing the floor. Hold the band stretched with both hands.

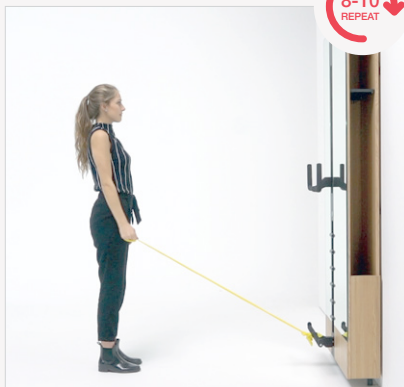


Raise your hand while your palm points forward. At the end point count to 5 and return to the beginning position. Try to keep your arms at  $90^\circ$  throughout the exercise. Exercise ends when your arms are open  $90^\circ$  to the side and your elbows are bent  $90^\circ$ .

06

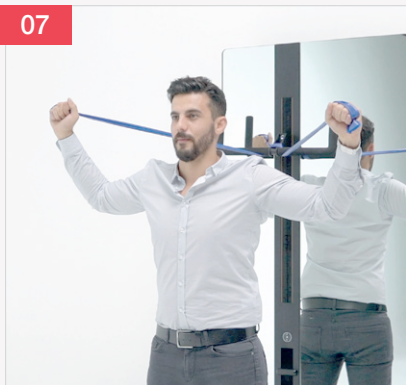


Tie the elastic band to the stationary bar. Stand in front of Take 5. Raise your arm  $180^\circ$  next to your torso; making sure that your elbow is straight and your thumb points to the ceiling.



Return to the beginning position without letting the resistance make your arm drop. Repeat on the other side.

07

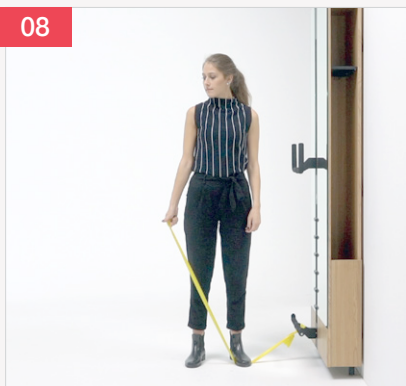


Tie the elastic band on the middle with both ends hanging free. Face away from take 5. To begin, open your arms 90° and bend your elbows 90°. Hold the band stretched. Lower your arms with your palms facing down.

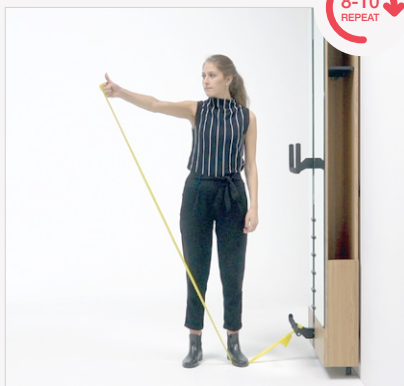
8-10  
REPEAT

Make sure that your arms remain open 90° throughout the exercise. Count to 5, return to the beginning.

08



Face Take 5 sideways. Tie elastic band to stationary bar. Raise your arm 180° next to your torso; making sure that your elbow is straight and your thumb points to the ceiling.

8-10  
REPEAT

Return to the beginning position without letting the resistance make your arm drop. Repeat on the other side.

09

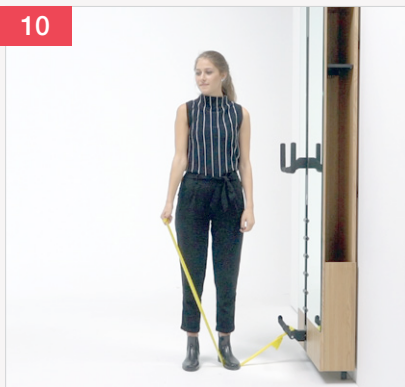


Stand in front of Take 5. Tie the elastic band to stationary bar with both ends free. Hold stretched band with both hands.



Raise your arms 180° next to your torso; making sure that your arm and elbow is straight and your thumb points to the ceiling. Return to the beginning position.

10



Tie the elastic band to stationary bar. Raise your arm 90° next to your torso at a 45° angle; making sure that your arm and elbow is straight and your thumb points to the ceiling.

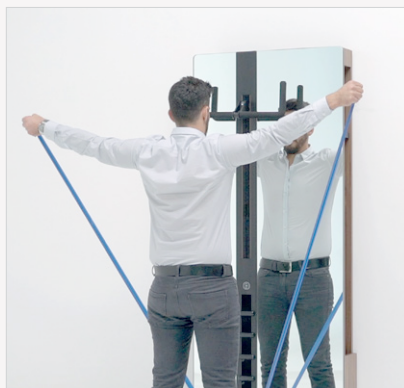
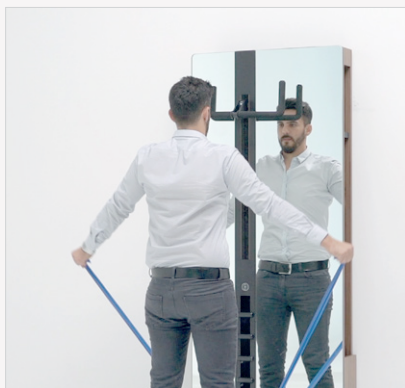


Return to the beginning position without letting the resistance make your arm drop. Repeat on the other side.



Stand in front of Take 5. Tie the elastic band to stationary bar with both ends free. Hold the band stretched with both hands. Raise your arms  $90^\circ$  next to your torso at a  $45^\circ$  angle; making sure that your arm and elbow is straight and your thumb points to the ceiling.

Return to the beginning position without letting the resistance make your arms drop.



Tie the elastic band to the stationary bar. Stand in front of Take 5. Raise your arms 180° next to your torso; making sure that your elbow is straight and your thumb points to the ceiling.

Return to the beginning position.

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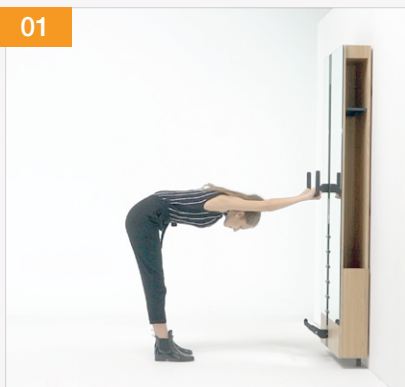
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## 02 Stretching Exercises for Shoulder Tissues

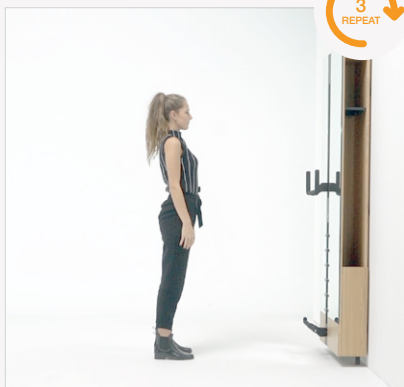


01



Hold the bar with both hands. Bend your torso downwards to stretch your shoulders.

3  
REPEAT



Count to 15 when you feel the stretch in your shoulders, then slowly get up and get back into the beginning position.

02



Bring the mobile bar up to shoulder level. Hold onto the side bar with your thumb pointing up. Make sure that your arm is 90° open and that your elbow is straight.

3  
REPEAT



Turn your body towards your other arm without changing the position of your arm. Count to 15 when you feel a stretch in your shoulders, then return slowly.



Bring the mobile bar up to shoulder level. Hold the bar with your hand on the side that you want to stretch. Try to turn your body towards your arm. Count to 15 when you feel a stretch in your shoulders, then return slowly.

Make sure that you feel the stretch behind your shoulders. If you are feeling it in front of your shoulders you should not be doing this exercise.



Lower the mobile bar to the lowest level. Face away from Take 5. Hold the bar with both hands. Bend your knees while supporting yourself from the bar.

When you feel a stretch in your shoulders, count to 15 and slowly return to the beginning.

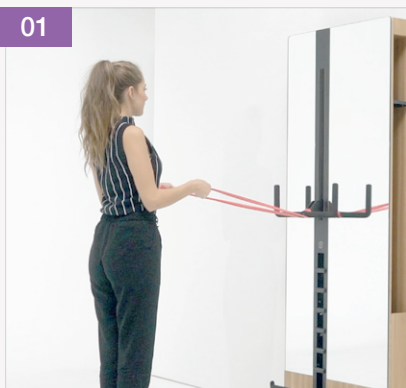
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# 03 Strengthening Exercises for Torso Muscles

01



Place mobile bar at elbow level. Thread the elastic band through the bar and hold onto it with both hands. Make sure that your arms are next to your torso and that your elbows are bent 90°.

8-10  
REPEAT

Bring your shoulder blades together against the resistance from the band, count to 5, return to the beginning position.

02

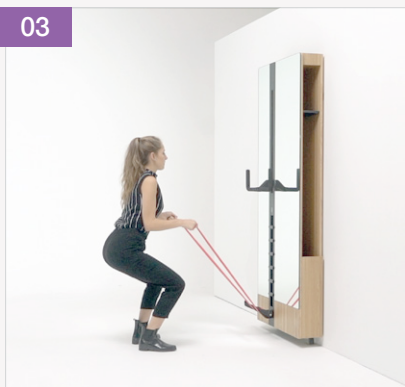


Tie the elastic band to stationary bar. Hold the band with your right hand at knee level. Begin exercise with your knees bent slightly. As you straighten your knees, move your arm towards your body on the side with the band, with your elbows at 90°.

8-10  
REPEAT

Count to 5, return to beginning position. Repeat on the other side.

03



Tie the elastic band to stationary bar. Bend at the knees slightly while holding both ends of the band tightly. While straightening your knees, open arms 90° to the side with your elbows bent slightly and bring your shoulder blades together.



Count to 5 against the resistance of the band. Move back to the beginning position to repeat the movement.

04



Bring the mobile bar to the highest level; thread the band over the middle letting both ends hang free. Before you begin the exercise make sure that your knees are bent, your arms are up, and that you are holding the band tight.

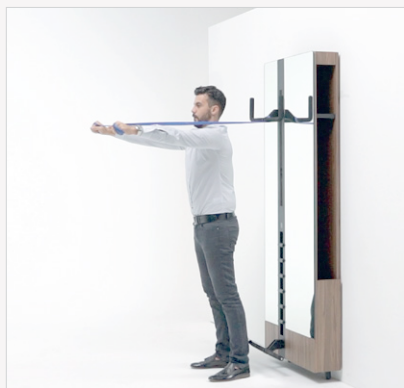
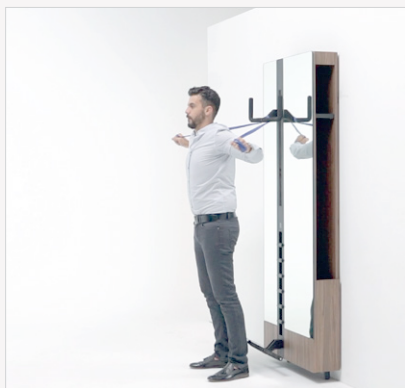
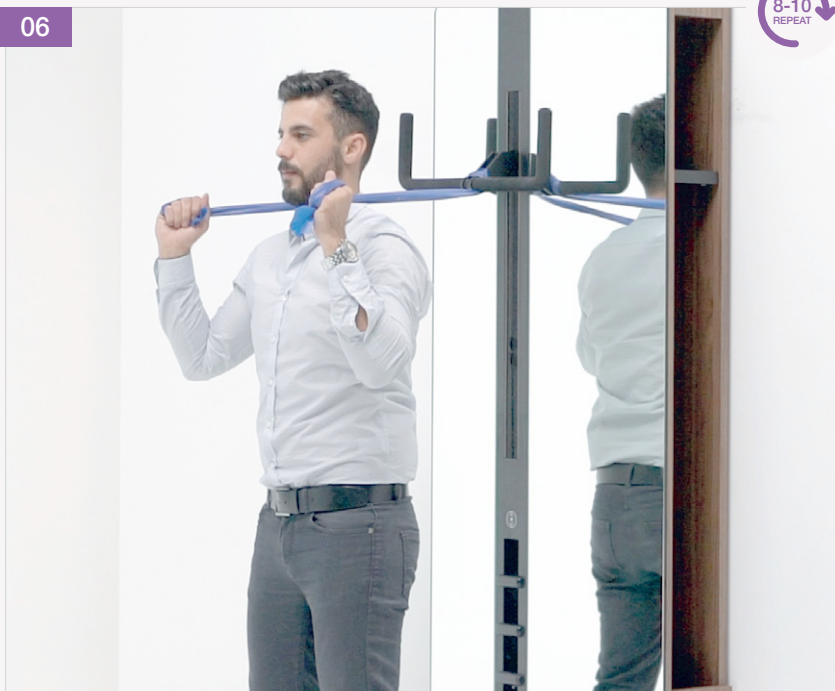


Move your shoulder blades together without compromising your squat, count to 5, return to beginning position.



Bring the mobile bar to the highest level; thread the band over the middle letting both ends hang free. Face away from Take 5. Make sure that your knees are bent, your arms are up, and that you are holding the band tight.

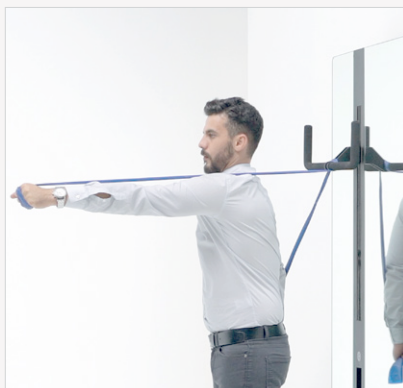
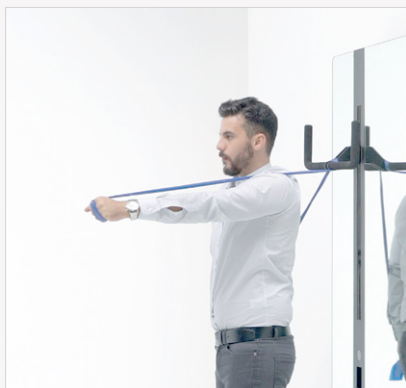
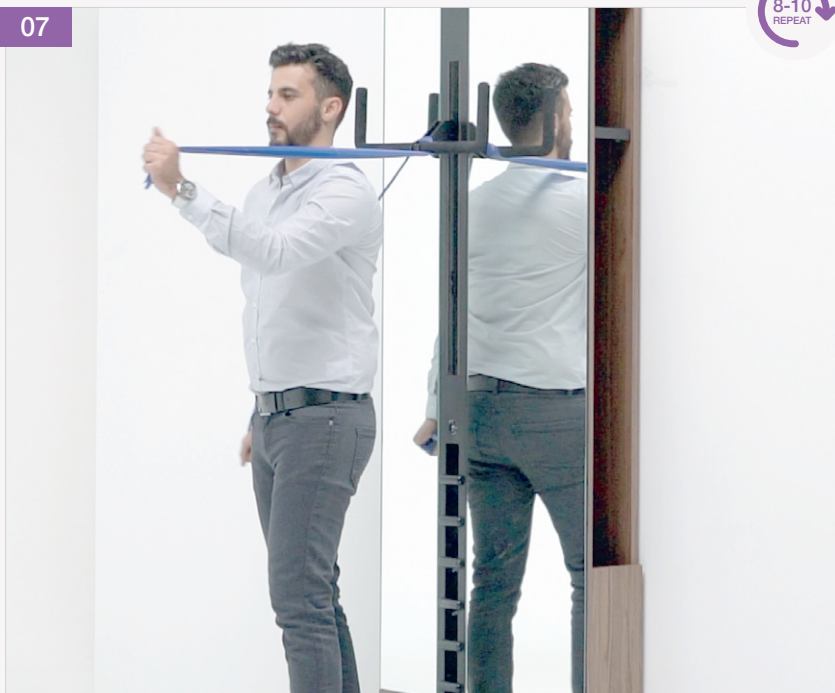
Bring your arms next to your torso by bringing your elbows close to your shoulder blades as you open your arms 90° to the side.



Bring the mobile bar to shoulder level. Tie the elastic band to the middle of the top bar letting both ends hang free. Hold the band tight with both hands.

Move your arms backwards by bringing your shoulder blades together, with your elbows bent  $90^\circ$  and your shoulders open  $90^\circ$  to the side.





Bring the mobile bar to shoulder level. Tie one end of the elastic band to the mobile bar. Hold the free end. Face away from Take 5.

Move your shoulder blades away from each other by pulling the band forward while your elbow is straight and your arm is open 90° forward.

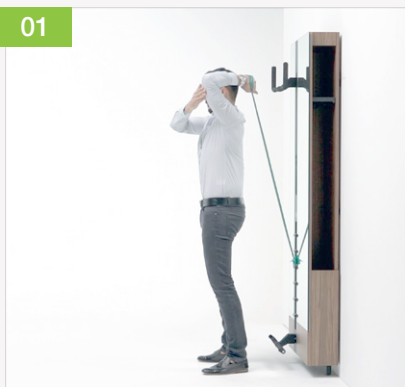
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# 04 Strengthening Exercises for Elbow Muscles

01

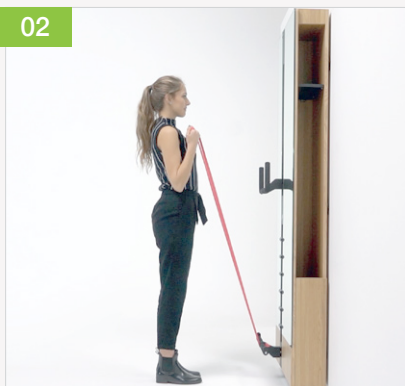


Tie the elastic band to the perforated bars. Face away from Take 5, make sure that your arm is raised 180° with your elbow bent completely. Hold the band tight.

8-10  
REPEAT

Straighten your elbow against the resistance completely without changing your arm's position. Count to 5 at the end point, return to the beginning position.

02



Stand close to Take 5 and turn sideways. Place the mobile bar at elbow level. Tie the elastic band at wrist level. To begin, stand with your torso upright, arms next to your torso and elbows bent 90°.

8-10  
REPEAT

Place a towel under your arm that is away from Take 5. Stretch the elastic band and move your hand away from your torso. Continue pressing onto the towel, count to 5 at the end point, return to the beginning position.

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# 05 Strengthening Exercises for Head and Neck Muscles

01



Bring the mobile bar to eye level. Thread the elastic band through the bar, tie both ends and place it around your head. Stretch the band and do a chin tuck.



Count to 5 and return to the beginning position.

02

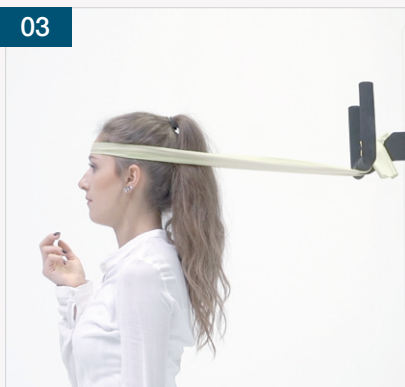


Bring the mobile bar to eye level. Thread the elastic band through the bar, tie both ends and place it around your head. Make sure that the band is stretched.



Stretch the band and do a chin tuck against the resistance. Count to 5 and return to the beginning position.

03



Bring the mobile bar to eye level. Thread the elastic band through the bar, tie both ends and place it around your head. Stretch the band. Face away from Take 5.

8-10  
REPEAT

Do a chin tuck against the resistance from the band. Count to 5 and return to the beginning position.

04



Bring the mobile bar to eye level. Thread the elastic band through the bar, tie both ends and place it around your head. Make sure that the band is stretched. Turn to the right.

8-10  
REPEAT

Do a chin tuck against the resistance from the band. Step to the right without losing your position. Count to 5 and return to the beginning position. Repeat on the other side.

05



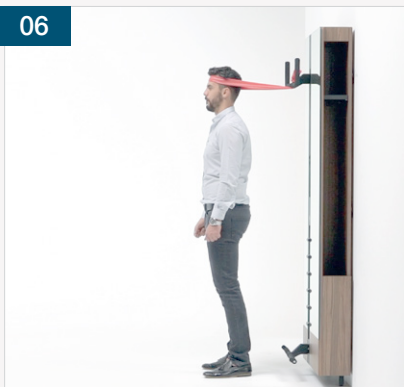
Bring the mobile bar to eye level. Thread the elastic band through the bar, tie both ends and place it around your head. Stretch the band. Turn to the right.

8-10  
REPEAT



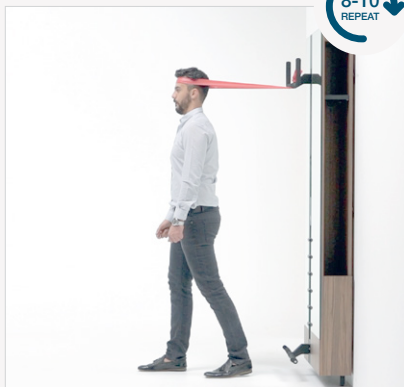
Do a chin tuck against the resistance from the band. Count to 5 and return to the beginning position.

06



Bring the mobile bar to eye level. Thread the elastic band through the bar, tie both ends and place it around your head. Stretch the band. Face away from Take 5.

8-10  
REPEAT



Do a chin tuck against the resistance from the band. Take a step without losing your position. Count to 5 and return to the beginning position.

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06 Stretching Exercises  
for Head and Neck Muscles



01

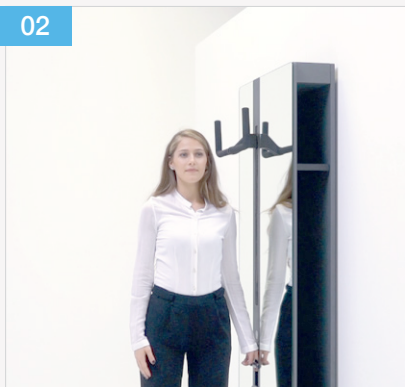


Grab the perforated bar with your left hand. Bend your neck, touching your right shoulder with your right ear. Make sure that you are facing forward during the exercise. Press your head downwards with your right hand.



Count to 15 when you feel that the left section of your neck is stretching. Turn back slowly. Repeat same movement on the other side.

02



Grab the perforated bar with your left hand. Turn your head to the right, and then bend your head downwards, facing your right armpit. Increase the efficiency of the stretch by pressing onto your head with your right hand.



Turn back slowly. Repeat same movement on the other side.

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# 07 Strengthening Exercises for Hip Muscles

01



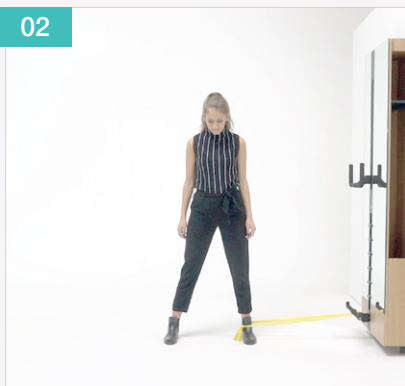
Tie the elastic band at both ends and put it over the stationary bar. Face Take 5. Put the elastic band over your ankle. Begin the exercise when the band is stretched.



Kick backwards 5 times against the resistance of the band. Return to the beginning position.

8-10  
REPEAT

02



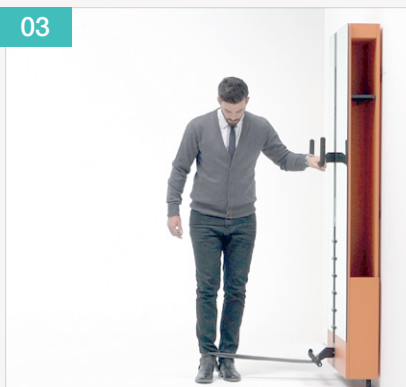
Tie the elastic band at both ends and put it over the stationary bar. Turn sideways with Take 5 on your left. Put the elastic band over your left ankle. Begin the exercise with the band stretched.



Step towards your other leg against the resistance of the band. At the end point count to 5 and return to the beginning position without letting the band pull your leg. Repeat on the other side.

8-10  
REPEAT

03

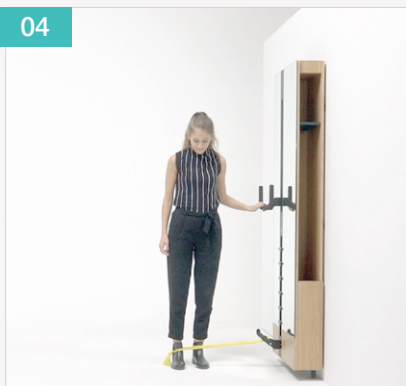


Tie the elastic band at both ends and put it over the stationary bar. Put the elastic band over your ankle. Begin the exercise when the band is stretched.



Kick to the right 5 times against the resistance of the band. Return to the beginning position.

04

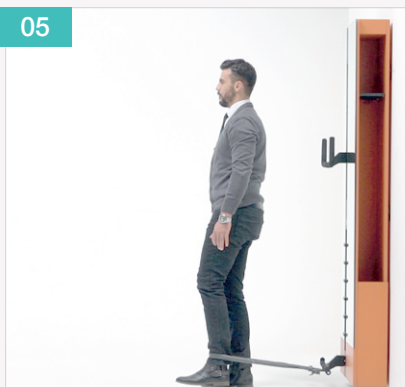


Tie the elastic band at both ends and put it over the stationary bar. Turn sideways with Take 5 on your left. Put the elastic band over your right ankle. Begin the exercise with the band stretched.



Step towards the right against the resistance of the band. At the end point count to 5 and return to the beginning position without letting the band pull your leg.

05



Face away from Take 5. Put the elastic band over your ankle. Begin the exercise when the band is stretched.



Kick forward 5 times against the resistance of the band.

06



Tie the elastic band at both ends and put it over the stationary bar. Face Take 5. Put the elastic band over your ankle. Begin the exercise with the band stretched. Step away from Take 5 against the resistance of the band.



At the end point count to 5 and return to the beginning position without letting the band pull your leg forwards.

07



Face Take 5 sideways. Put the elastic band over the ankle close to Take 5. Begin the exercise when the band is stretched.



Kick towards your other leg 5 times against the resistance of the band. Return to the beginning position.

8-10  
REPEAT

08



Tie the elastic band at both ends and put it over the stationary bar. Face away from Take 5. Put the elastic band over your ankle. Begin the exercise with the band stretched.



Step away from Take 5 against the resistance of the band. At the end point count to 5 and return to the beginning position without letting the band pull your leg back.

8-10  
REPEAT



Face right in front of Take 5. Place the elastic band over your right ankle and move it above your knee. Begin the exercise when the band is stretched.

Bend your knees and step to the side against the resistance. Count to 5 at the end point.

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# 08 Strengthening Exercises for Knee Muscles





Tie the elastic band around your knee by putting it over the stationary bar. To begin, make sure that your knees are slightly bent because of the resistance from the band.

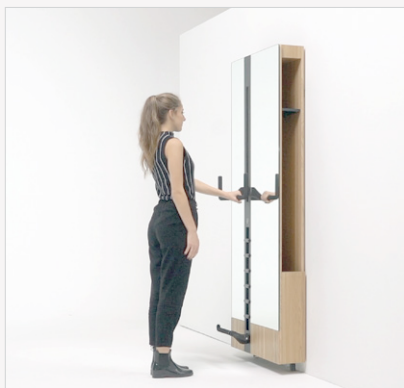
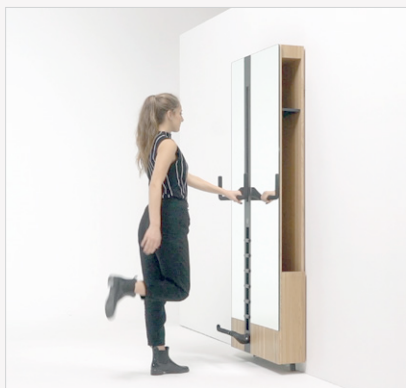
Straighten your knees against the resistance, count to 5. Return to the beginning position. Repeat on the other side.

TAKE5

nurus



# 09 Stretching Exercises for Knee Muscles



Hold on to the bar and raise the heel that you will be stretching. Hold your ankle on the same side with your hand and try to bring it closer to your hips.

Count to 15 when you feel that the front of your thigh is stretching, then return to the beginning position.

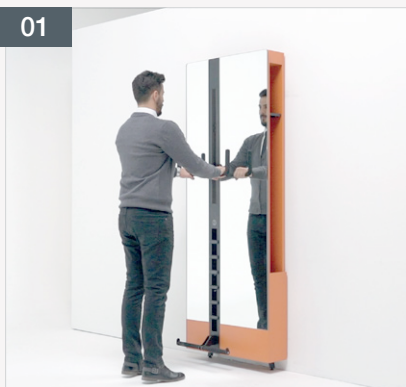
TAKE5

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# 10 Strengthening Exercises for Ankle Muscles

01



Bring the mobile bar up to elbow level.



Hold onto the mobile bar and get on your tiptoes.

8-10  
REPEAT

02



Bring the mobile bar up to elbow level. Tie the elastic band at hip level; making sure that it encircles your waist. Step backwards until the band is stretched.



Get on your tiptoes and lower yourself against the resistance of the band.

8-10  
REPEAT

03



Bring the mobile bar up to elbow level. Hold onto the bar and raise one foot.



Get on your tiptoes without losing your balance.

04



Bring the mobile bar up to elbow level. Tie the elastic band at hip level; making sure that it encircles your waist.



Get on your tiptoes on your left foot without losing your balance. Return to the beginning position. Repeat on the other side.



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TAKE**5**