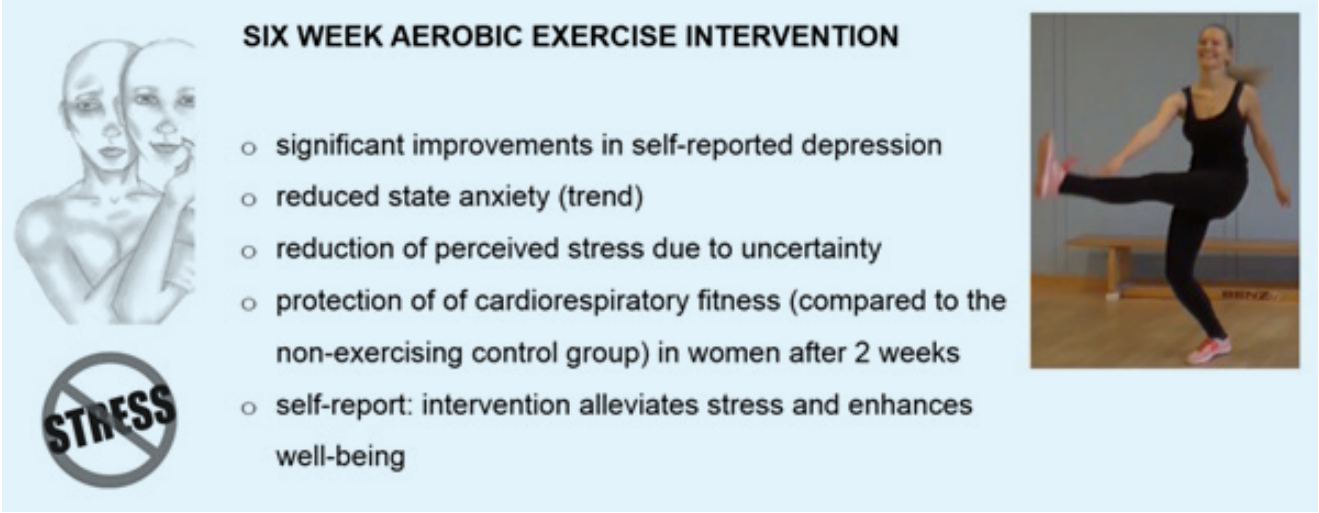

Figure 5

Stress and mental health effects of the aerobic exercise intervention (53) .

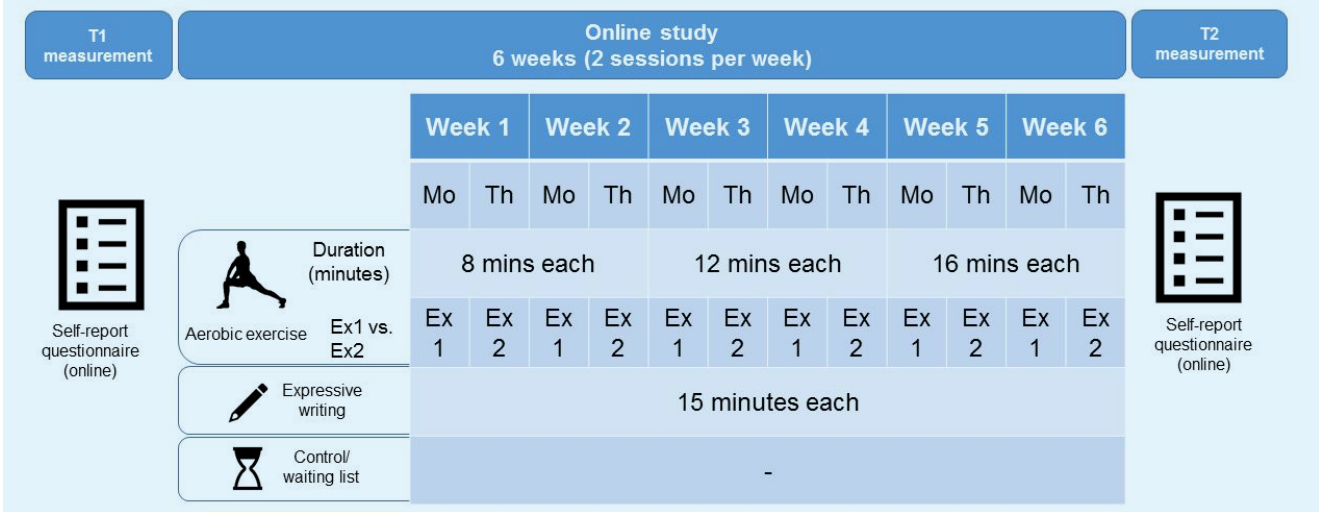

Figure 6

Expert ratings. Each exercise had to be rated by a health professional for its cardiorespiratory fitness, motor skill-related fitness, suitability of the exercise for certain risk groups and exercise adherence.

Herbert C, Gilg V, Sander M, Kobel S, Jerg A, Steinacker JM. Preventing mental health, well-being and physical activity during the corona pandemic – recommendations from psychology and sports medicine. Dtsch Z Sportmed. 2020; 71: 249-257. doi:10.5960/dzsm.2020.458

Physical activity break

Herbert, C., et al. 2020, *Frontiers in Psychology, 11, 509.*

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Warm Up

1 Run on the spot
duration: 20 sec

2 Turn in hips while running
duration: 20 sec

3 Butt kick
duration: 20 sec

4 Windmill arm rotation
duration: 20 sec

Exercise (each exercise: 30 sec, 45 sec, or 60 sec)

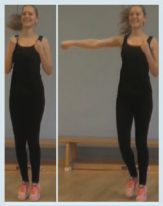
5&7

Raise arms overhead

- hop in place
- push arms upward on every second step

duration: 45 sec

cardio ○●○ | coord ●○○ | balance ●○○ | musc 50 | age 18 - 64

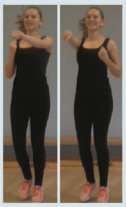


Air punches to the side

- hop in place
- punch arms sidewards after every second hop

duration: 45 sec

cardio ○●○ | coord ●○○ | balance ●○○ | musc 62 | age 18 - 99



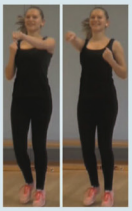
Air punches to the front

- hop in place
- box arms forward after every second hop

duration: 45 sec

cardio ○●○ | coord ●○○ | balance ●○○ | musc 65 | age 18 - 99

6&8



Front kicks

- alternating kicks
- => 4 hops on the spot
- keep upper body in straight line

duration: 45 sec

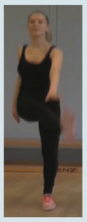
cardio ○●○ | coord ●○○ | balance ●○○ | musc 62 | age 18 - 64

High knees

- pull knee upward fast
- keep upper body in straight line

duration: 45 sec

cardio ○●○ | coord ●○○ | balance ●○○ | musc 63 | age 18 - 64



Diagonal kicks (wrist/toe touches)

- kick your leg up and in
- keeping knees straight
- reach your feet with the opposite arm

duration: 45 sec

cardio ○●○ | coord ●○○ | balance ●○○ | musc 65 | age 18 - 64

intensity: ●○○ = vigorous, ○●○ = moderate, ○○● = light, cardio = cardiorespiratory fitness, coord = coordination, musc = musculature of the whole body in %, age = in years

Cool Down

9 Run on the spot, Shake arms out
duration: 20 sec

10 Standing straddle stretch with arms hanging loose
duration: 20 sec

11 Upper body twist
duration: 8 sec each side

Contact: *cornelia.herbert@uni-ulm.de (Applied Emotion and Motivation Psychology, Institute of Psychologie and Education, Ulm University, Germany)*

Figure 7

Exercise manual 1 in English language.

Physical activity break

Herbert, C., et al. 2020, *Frontiers in Psychology, 11, 509.*

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Warm Up

1 Hop on the spot
duration: 20 sec

2 Turn in hips while jumping
duration: 20 sec

3 Butt kick
duration: 20 sec

4 Arms to the front while jumping
duration: 20 sec

Exercise (each exercise: 30 sec, 45 sec, or 60 sec)

5&7

Arm circles

- hop in place
- arms sideways
- draw fast circles
- body tension

duration: 45 sec

cardio ●○○ coord ●○○ balance ●○○ 60 musc 18 - 99 age

Uppercuts

- hop in place
- after 4 hops one uppercut with each arm

duration: 45 sec

cardio ●○○ coord ●○○ balance ●○○ 65 musc 18 - 99 age

Overhead (air) punches

- hop in place
- keep shoulders relaxed
- circle hands over head

duration: 45 sec

cardio ●○○ coord ●○○ balance ●○○ 67 musc 18 - 99 age

6&8

Lateral side jumps

- hands on your hips
- feet close together all the time

duration: 45 sec

cardio ●○○ coord ●○○ balance ●○○ 60 musc 18 - 64 age

Squat with side taps

- body weight on the outer leg

duration: 45 sec

cardio ●○○ coord ●○○ balance ●○○ 63 musc 18 - 64 age

X jumps

- cross one's legs on every second hop in front of the body
- arms do the same movement

duration: 45 sec

cardio ●○○ coord ●○○ balance ●○○ 55 musc 18 - 64 age

intensity: ●○○ = vigorous, ○●○ = moderate, ○○● = light, cardio = cardiorespiratory fitness, coord = coordination, musc = musculature of the whole body in %, age = in years

Cool Down

9 Shake arms out, wiggle on tiptoe + lift heels
duration: 20 sec

10 Standing straddle stretch, shake out thighs
duration: 20 sec

11 Arms reach slowly overhead, stretching arms
duration: 20 sec

Contact: *cornelia.herbert@uni-ulm.de (Applied Emotion and Motivation Psychology, Institute of Psychologie and Education, Ulm University, Germany)*

Figure 8

Exercise manual 2 in English language.

Herbert C, Gilg V, Sander M, Kobel S, Jerg A, Steinacker JM. Preventing mental health, well-being and physical activity during the corona pandemic – recommendations from psychology and sports medicine. Dtsch Z Sportmed. 2020; 71: 249-257. doi:10.5960/dzsm.2020.458

Bewegte Pause

Herbert, C., et al. 2020, *Frontiers in Psychology, 11, 509.*

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Warm Up

1 lockeres Laufen
Dauer: 20 sec

2 Hüfte eindrehen
Dauer: 20 sec

3 Beine anfersen
Dauer: 20 sec

4 Arme schwingen
Dauer: 20 sec

Übungsblock (30 sec, 45 sec, 60 sec pro Übung)

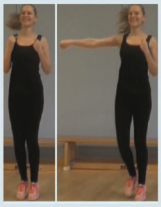
5&7

Arme strecken

- hüpfen
- Arme bei jedem zweiten Schritt explosionsartig nach oben gestreckt

Dauer: 45 sec

Kardio ○●○ Koord ●○○ Balance ●○○ 50 Musk 18 - 64 Alter

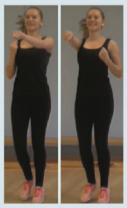


Seitlich Boxen

- auf der Stelle laufen
- bei jedem zweiten Schritt die Arme zur Faust geballt zur Seite boxen

Dauer: 45 sec

Kardio ○○○ Koord ●○○ Balance ●○○ 62 Musk 18 - 99 Alter



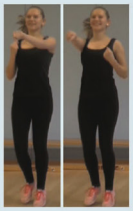
Vorwärts Boxen

- auf der Stelle laufen
- bei jedem zweiten Schritt die Arme zur Faust geballt nach vorne Boxen

Dauer: 45 sec

Kardio ○●○ Koord ●○○ Balance ●○○ 65 Musk 18 - 99 Alter

6&8



Kick vorwärts

- Kick links, dann rechts
- dann 4 Schritte auf der Stelle laufen
- Oberköprer bleibt aufrecht

Dauer: 45 sec

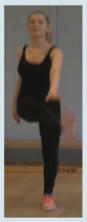
Kardio ○●○ Koord ●○○ Balance ●○○ 62 Musk 18 - 64 Alter

Knie heben

- von einem Bein auf das andere springen
- Oberkörper bleibt gerade

Dauer: 45 sec

Kardio ○○○ Koord ●○○ Balance ●○○ 63 Musk 18 - 64 Alter



Kick seitlich

- Kick nach innen, mit dem gegenüberliegenden Arm Fußspitze berühren
- Oberkörper gerade
- Bein gestreckt

Dauer: 45 sec

Kardio ○○○ Koord ●○○ Balance ●○○ 65 Musk 18 - 64 Alter

Intensität: ●○○ = intensiv, ○●○ = moderat, ○○● = leicht, Kardio = kardiorespiratorische Fitness, Koord = Koordination, Musk = Gesamtkörpermuskulatur in %, Alter = in Jahren

Cool Down

9 Arme ausschütteln
Dauer: 20 sec

10 Waden-dehnung
Dauer: 20 sec

11 Oberkörper-drehung
Dauer: 8 sec pro Seite

Kontakt: *cornelia.herbert@uni-ulm.de (Abteilung für angewandte Emotions- und Motivationspsychologie, Universität Ulm, Deutschland)*

Figure 9

Exercise manual 1 in German language.

Bewegte Pause

Herbert, C., et al. 2020, *Frontiers in Psychology, 11, 509.*

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Warm Up

1 Hüpfen
Dauer: 20 sec

2 Hüfte eindrehen
Dauer: 20 sec

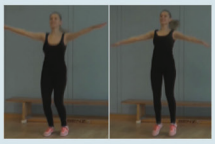
3 Beine anfersen
Dauer: 20 sec

4 Arme schwingen
Dauer: 20 sec

Übungsblock (30 sec, 45 sec, 60 sec pro Übung)

5&7

Arme kreisen

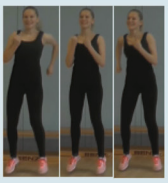


- auf der Stelle hüpfen
- Arme seitlich ausgestreckt
- schnelle Kreisbewegungen
- Körperspannung

Dauer: 45 sec

Kardio ○●○ Koord ●○○ Balance ●○○ 60 Musk 18 - 99 Alter

Upper Cuts



- auf der Stelle hüpfen
- nach 4 Sprüngen jeweils Kinnhacken mit beide Händen nacheinander

Dauer: 45 sec

Kardio ○●○ Koord ●○○ Balance ●○○ 65 Musk 18 - 99 Alter

Fäuste über Kopf kreisen

- auf der Stelle hüpfen
- Schultern bleiben locker

Dauer: 45 sec

Kardio ○●○ Koord ●○○ Balance ●○○ 67 Musk 18 - 99 Alter

6&8

Seitliches Hüpfen

- von links nach rechts hüpfen
- Hände in die Hüften gestützt
- Füße eng zusammen

Dauer: 45 sec

Kardio ○●○ Koord ●○○ Balance ●○○ 60 Musk 18 - 64 Alter

Squat mit seitlich ausgestrecktem Bein

- Squat mittig nach unten
- unten Umbelastung auf äußeres Bein

Dauer: 45 sec

Kardio ○●○ Koord ●○○ Balance ●○○ 63 Musk 18 - 64 Alter

Beine kreuzen

- bei jedem zweiten Sprung werden die Beine gekreuzt
- Arme führen dieselbe Bewegung aus

Dauer: 45 sec

Kardio ○●○ Koord ●○○ Balance ●○○ 55 Musk 18 - 64 Alter

Intensität: ●○○ = intensiv, ○●○ = moderat, ○○● = leicht, Kardio = kardiorespiratorische Fitness, Koord = Koordination, Musk = Gesamtkörpermuskulatur in %, Alter = in Jahren

Cool Down

9 Arme ausschütteln
Dauer: 20 sec

10 Waden-dehnung
Dauer: 20 sec

11 Arme strecken
Dauer: 20 sec

Kontakt: *cornelia.herbert@uni-ulm.de (Abteilung für Angewandte Emotions- und Motivationspsychologie, Universität Ulm, Deutschland)*

Figure 10

Exercise manual 2 in German language.