

## **Alexandra Magold**

Good morning, Science. My name is Alexandra Magold and I am joined by Sabrina Rohringer today. Sabrina is a brilliant Ph.D. student in Vienna and a certified Salsation trainer, which means she is going to make us sweat. For the next couple of minutes, we are going to fight the winter blues. Sabrina, what do you want us to do?

## **Sabrina Rohringer**

We will strengthen all our muscles, our hands, our shoulders, our back and also our legs, because that's all we need for work.

## **Sabrina Rohringer**

We need to work a lot with our arms so we will strengthen them, especially. The only thing you need is a chair. It has to be the same one without wheels because otherwise it's a little bit difficult to work out. So let's start and have fun. So we bring ourselves in a position therein a little bit of space between you and the chair and you put your foot on the chair and then you go down and up. Just try to keep your back straight.

## **Sabrina Rohringer**

Yeah. Don't move too much forward but keep it straight and also try to keep your knee behind your toes.

## **Sabrina Rohringer**

It's very important. Otherwise, we will harm our knees. ... Okay a little bit more try to go as far down as possible. Now, it's getting a little bit exhausting after some time, but you can do it ... and we change to the other leg. Try to be stable, your core is straight, and that is it. Again, try to keep your knees behind your toes and also keep your back straight all the time.

## **Sabrina Rohringer**

Smile a little bit. That is a lot of things to think about. And one more. Now, this one was for our shoulders and also for our core, so I what you do is just go in a kind of push up situation and then touch your left shoulder with your right hand, your right should with your left hand. If you want to you can do a push up in between. And always keep your core tight so you don't get a pain. Relaxing - This is trains actually all of our body. Let's do three more. And the last one, OK! Relaxing -The next one is for our arms - yeah - we want them to be strong.

**Sabrina Rohringer**

So we go down, just for 30 seconds, because it's really exhausting ..., but it's a super good exercise, you will see if you do it three / four times, you will have super nice triceps muscles. We have five seconds left. Plus, let's do something for our side abs. That's only with this position and then we touch our knee with our elbow. It's wise to always keep the body straight. Don't forget to breathe, and some more on this side and the last one and now go to the other side. I guess you can hear me breathing. Also for me it is exhausting and 10 seconds.

**Sabrina Rohringer**

You can do this. We are almost at the end. Yes, so I hope you liked my workout. You can do it at home, at work - wherever you want. Have fun and stay healthy. Thanks a lot.

**Alexandra Magold**

What a workout. Thank you so much, Sabrina. Bye.