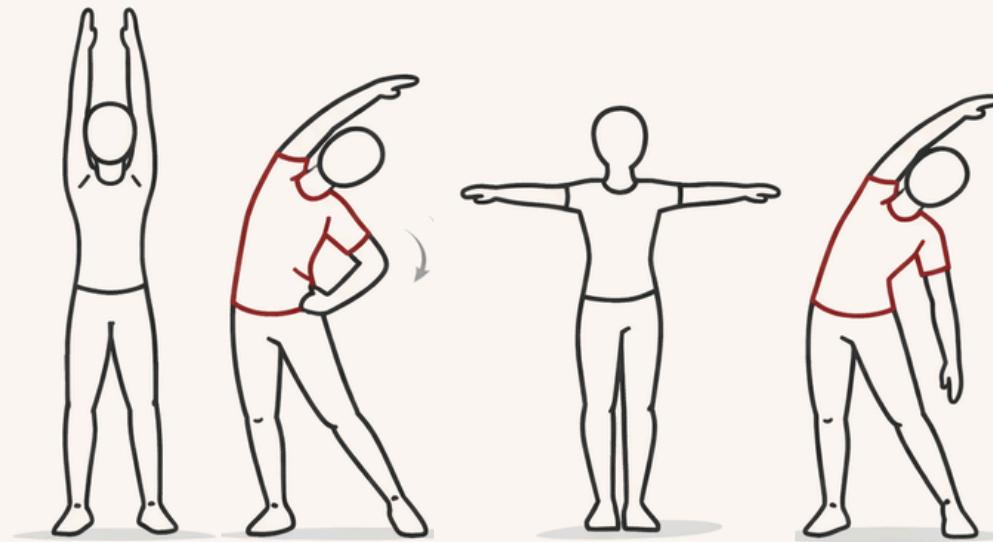


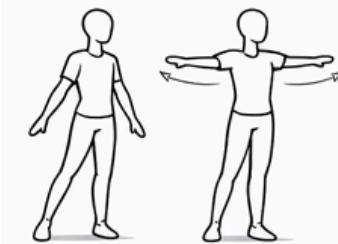
Japan's 3-
minute work
reset



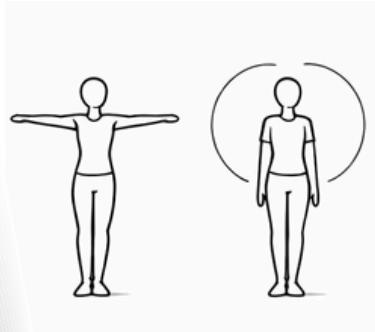
RADIO TAISO

A JAPANESE WELLBEING RITUAL FOR TODAY'S WORK CULTURE

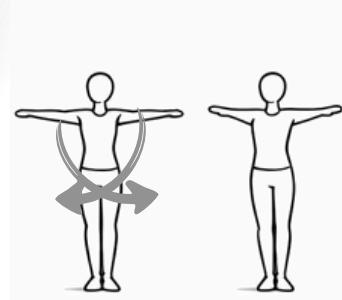
A Japanese
office
well-being
routine



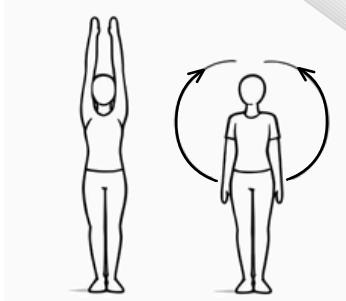
Arm & Legs



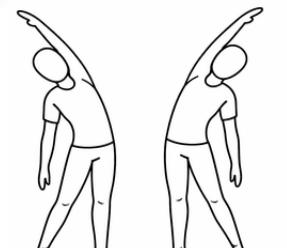
Arm Circles



Chest Stretches



Full-body
Stretch

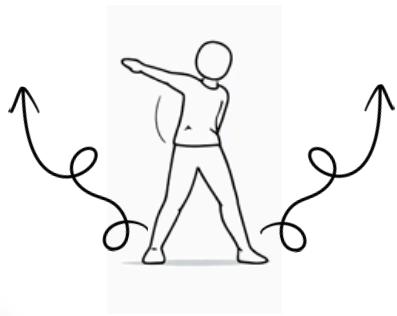


Side Stretches

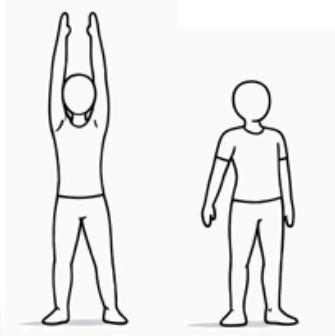
RADIO TAISO

3 MINUTES TO RESET BODY AND FOCUS

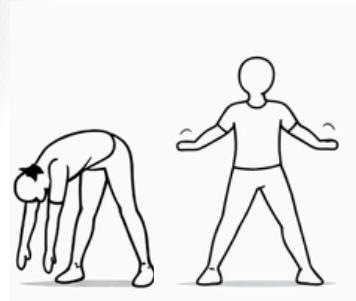
A Japanese
office
well-being
routine



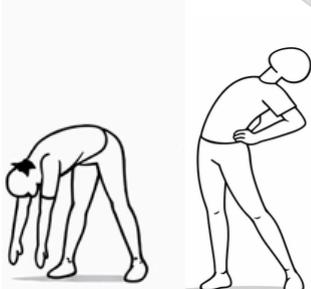
Body Twists



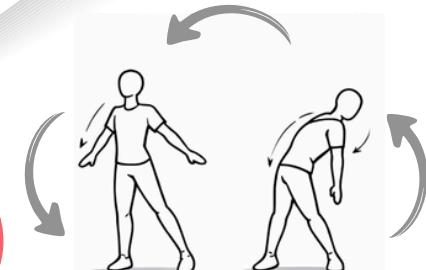
**Arm Raises &
Stretches**



Forward Bends



**Forward &
Backward Bends**

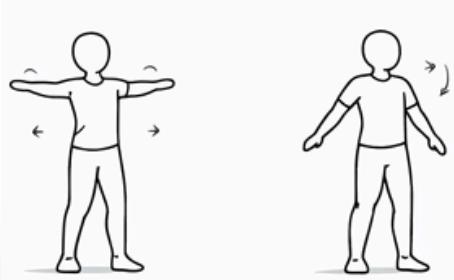


Gentle Rotation

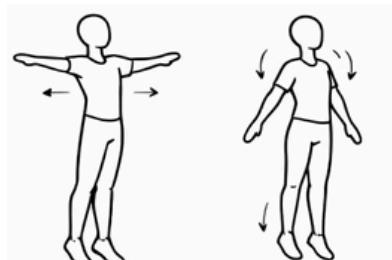
RADIO TAISO

IN HOME OFFICE / BETWEEN MEETINGS /
BY YOURSELF OR WITH A TEAM

A Japanese
office
well-being
routine

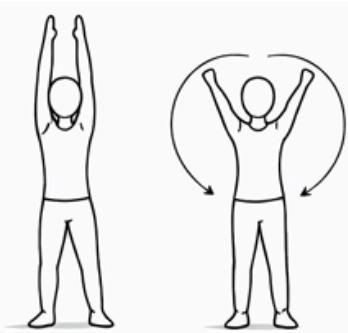


Arms & Legs



Light Jumps

Cool Down & Breath



- more energy
- better focus
- a quick mental reset



Radio Taisō is not
fitness — it's
functional
wellbeing!

RADIO TAIKO

SAVE THIS · TRY IT · SHARE IT WITH YOUR TEAM