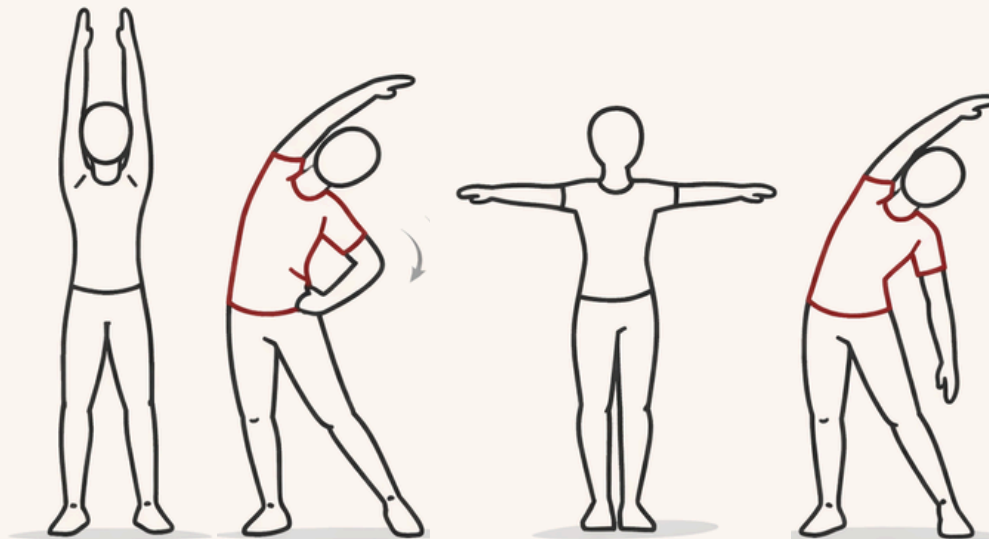


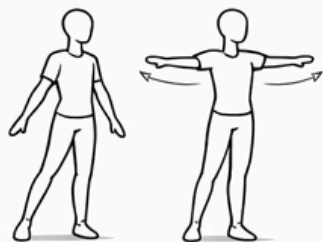
Japan's 3-
minute work
reset



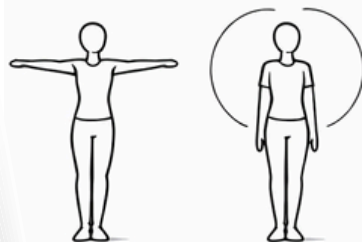
RADIO TAISO

A JAPANESE WELLBEING RITUAL FOR TODAY'S WORK CULTURE

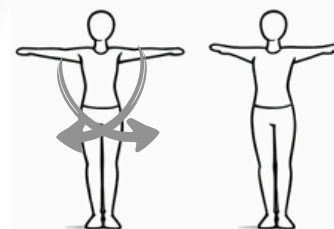
A Japanese
office
well-being
routine



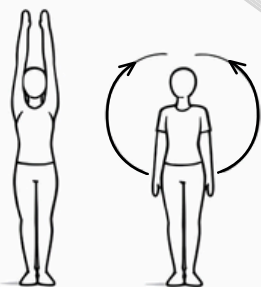
Arm & Legs



Arm Circles



Chest Stretches



**Full-body
Stretch**

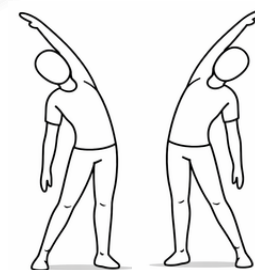
01.

02.

03.

04.

05.



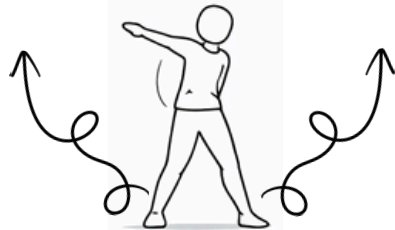
Side Stretches

RADIO TAISO

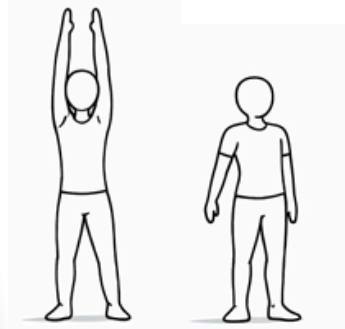
3 MINUTES TO RESET BODY AND FOCUS



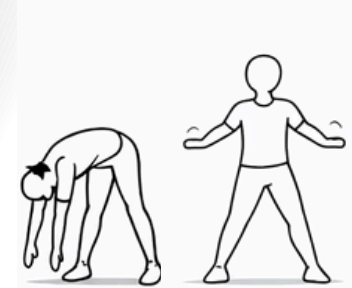
A Japanese
office
well-being
routine



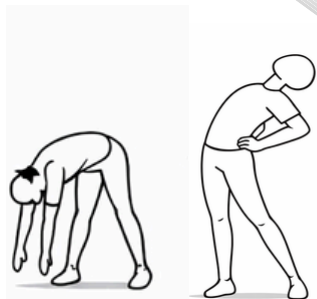
Body Twists



**Arm Raises &
Stretches**



Forward Bends



**Forward &
Backward Bends**

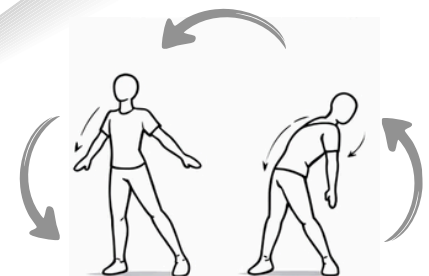
06.

07.

08.

09.

10.



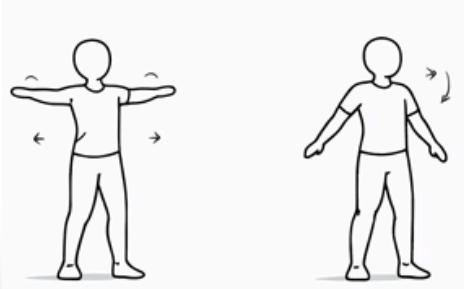
Gentle Rotation

RADIO TAISO

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



A Japanese
office
well-being
routine

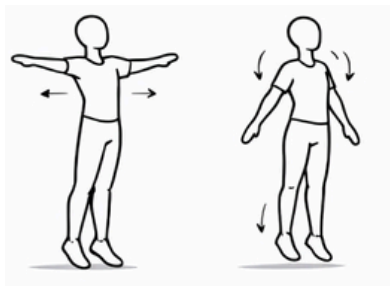


Arms & Legs

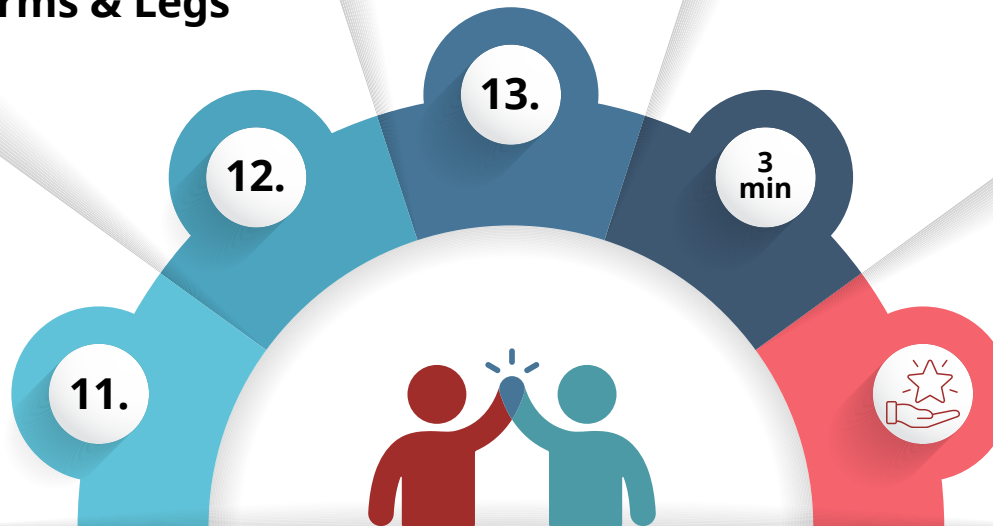


**Cool Down &
Breath**

- more energy
- better focus
- a quick mental reset



Light Jumps



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

RADIO TAISO

SAVE THIS · TRY IT · SHARE IT WITH YOUR TEAM