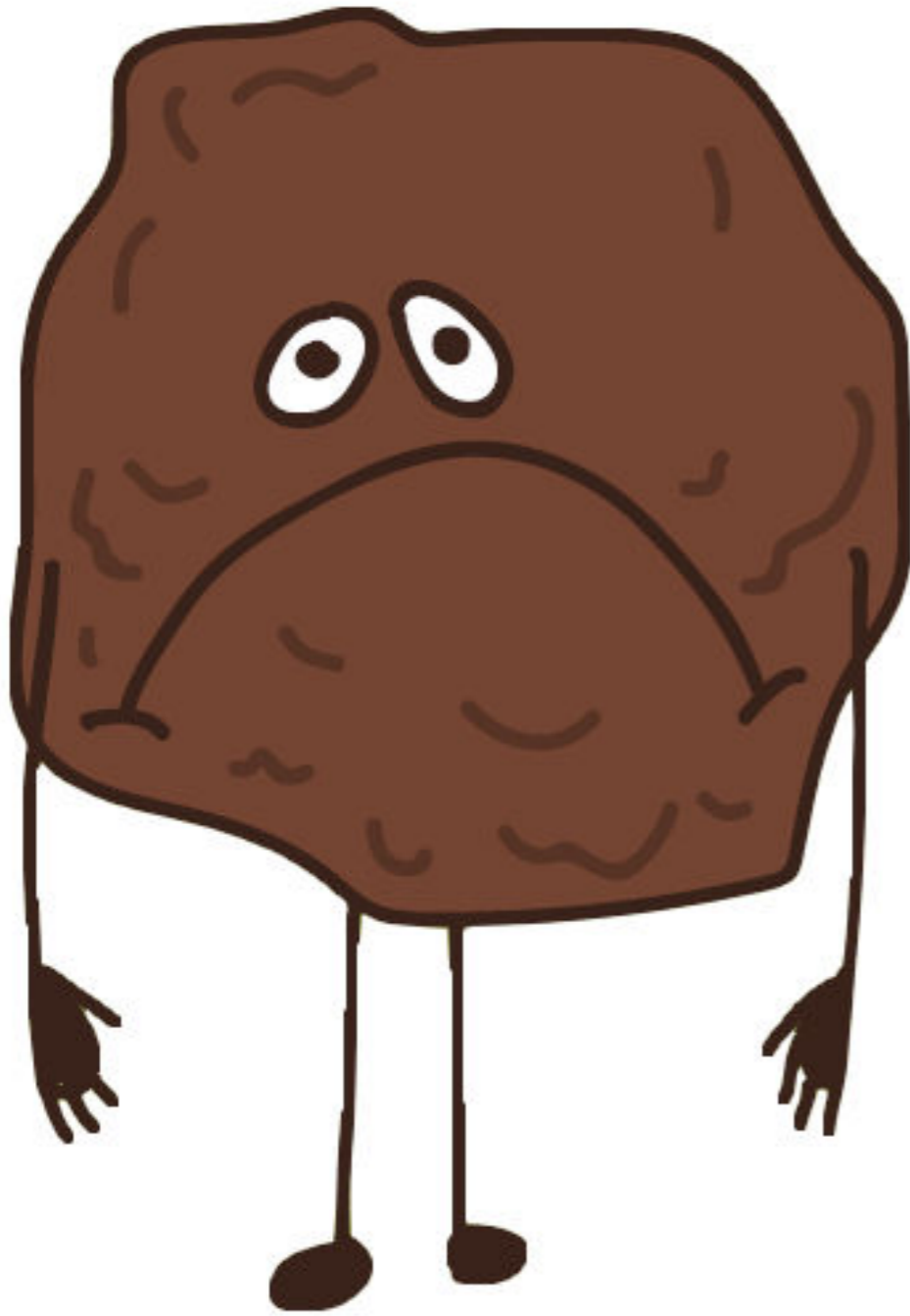


OFFICE WORKOUT

The **ULTIMATE** app
to feel better at work



Take breaks from work
Stretch your muscles
Collect points

Make your Meatball
HAPPY!

Office workout is:

- easy
- 6 minute sessions
- effective
- discreet!



Open your mind. LUT.
Lappeenranta University of Technology

Mohamed Khaled Aljundi - Hafiz M Shahzad Sikandar -
Hana Kadlčíková - Otso Code Camp 2016