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#livesport

Fit through the spring!

Our program to help you enjoy an active spring begins **April 1, 2025**. We will be providing a full range of Livetraining sessions plus our flexible option that allows you to **access tailored fitness sessions on-demand**, so you can fit in your preferred exercise around your personal schedule and stay in shape with us – even when working remotely!



Registration:

You can register for livesport@home [here](#).

Contact:

[P&O Health Promotion Team](#)

The Livetraining program includes

Use of all online fitness sessions for the whole of April, May and June 2025.

The standard charge is €30.

The charge for employees of Siemens Energy is €31.50.

The charge for employees of Innometrics is €31.50.



Account details and payee: Siemens AG, Studio Active Commerzbank München / IBAN: DE59 7004 0041 0212 7504 00 BIC: COBADEFFXXX

Reference: 48500008 "Last name, first name + Q2"

SIEMENS

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Day	Session	Time	Training team
Monday	Fit for the day <i>(English)</i>	8.00 - 8.30 a.m.	Erlangen
	Back in Balance <i>(German)</i>	12.00 p.m. - 12.50 p.m.	Berlin
	Pilates <i>(German)</i>	6.10 - 7.00 p.m.	Berlin
Tuesday	Fit for the day <i>(English)</i>	8.00 - 8.30 a.m.	Berlin
	Power Workout <i>(German)</i>	5.00 - 5.30 p.m.	Erlangen
	Evening Refresh <i>(German)</i>	6.10 - 7.00 p.m.	Berlin
Wednesday	Fit for the day <i>(English)</i>	8.00 - 8.30 a.m.	Erlangen
	Yoga <i>(English)</i>	11.00 - 11.30 a.m.	Erlangen
	Pilates <i>(German)</i>	12.00 - 12.30 p.m.	Erlangen
	Back Express <i>(English)</i>	5.00 - 5.30 p.m.	Erlangen
	Cardio Power Mix <i>(English)</i>	5.45 - 6.15 p.m.	Erlangen
Thursday	Fit for the day <i>(English)</i>	8.00 - 8.30 a.m.	Berlin
	Tabata <i>(English)</i>	5.00 - 5.30 p.m.	Erlangen
	Fascia Workout <i>(German)</i>	6.00 - 7.00 p.m.	Berlin

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Session description

Fit for the day

A short whole-body exercise routine to help you activate and mobilize every part of your body.



Back Express

This back workout will help you to recover from existing back problems and prevent new ones developing. It consists of basic mobilization, flexibility and strengthening exercises to promote back health.



Cardio Power Mix

An intensive interval training program that helps to improve cardiovascular fitness, aerobic and anaerobic performance, and endurance.

Back in Balance

Welcome to Back in Balance, which is all about health and wellbeing. Join us to help improve your physical strength, mobility and quality of life. Learn how a happy spine can be the key to a pain-free life.

Tabata

Tabata is an intensive interval training system that mixes high-intensity phases and brief rest pauses to boost both strength and endurance. It maximizes fat-burning and provides an effective full-body workout quickly.

Fascia Workout

The Fascia Workout helps maintain physical and mental agility with a combination of controlled movements, targeted stretching and breathwork routines, and mobilization exercises. It stimulates both metabolism and circulation and helps to ease tension and adhesion.

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Session description

Pilates

Pilates is a systematic full-body exercise technique that primarily addresses the smaller muscle groups deeper within the body. It includes strength training, stretching and a close focus on breathing.



Power Workout

The Power Workout is an intensive full-body fitness session that combines strength, endurance and flexibility. Dynamic exercises and a wide variety of training methods are combined to help strengthen all the major muscle groups.



Evening Refresh

This session is intended for anyone who spends their working day confined to a chair. Not only is regular prolonged sitting unhelpful for your metabolism, but it also allows your (unused) muscles to lose tone, which can lead to back pain and problems with posture. Targeted strength and mobility routines can help you protect yourself.



Yoga

Breathing and relaxation exercises in combination with a wide variety of stretching and strengthening exercises improve body awareness and help to keep mind and body in balance.