

STRETCHES AT YOUR DESK



SHOULDER SHRUG
RAISE BOTH SHOULDERS AT ONCE
UP TOWARD THE EARS.
DROP THEM AND REPEAT 10 TIMES
EACH DIRECTION.



UPPER TRAP STRETCH
GENTLY PULL YOUR HEAD TOWARD
EACH SHOULDER UNTIL A LIGHT
STRETCH IS FELT.
HOLD THE POSE FOR 10-15 SECS.
ALTERNATE ONCE ON EACH SIDE.



NECK STRETCHES
RELAX AND LEAN YOUR HEAD
FORWARD.
SLOWLY ROLL TOWARD ONE SIDE
AND HOLD FOR 10 SECS.
REPEAT ON OTHER SIDE.
RELAX AGAIN AND LIFT YOUR
CHIN BACK TO STARTING
POSITION.
DO THIS THREE TIMES FOR EACH
DIRECTION.

STRETCHES AT YOUR DESK



TRICEPS STRETCHES

RAISE YOUR ARM AND BEND IT SO THAT YOUR HAND REACHES TOWARD THE OPPOSITE SIDE.
USE YOUR OTHER HAND AND PULL THE ELBOW TOWARD YOUR HEAD. HOLD FOR 10 TO 30 SECONDS.
REPEAT ON THE OTHER SIDE.

OVERHEAD REACH

EXTEND EACH ARM OVERHEAD.
REACH TO THE OPPOSITE SIDE.
HOLD FOR 10 TO 30 SECONDS.
REPEAT ON THE OTHER SIDE.



UPPER BODY AND ARM STRETCH

CLASP HANDS TOGETHER ABOVE THE HEAD WITH PALMS FACING OUTWARD.
PUSH YOUR ARMS UP, STRETCHING UPWARD.
HOLD THE POSE FOR 10 TO 30 SECONDS.