

# OFFICE STRETCHES



Spread fingers wide hold 5 seconds... release. Repeat 5x.



Circle wrist inward, then outward. 10x each direction



Move arms overhead in climbing motion. Repeat 10x each side.



Lower ear to shoulder. Slowly roll chin on chest up to other shoulder and back again. Repeat 10x.



Turn head, look over shoulder. Hold 5 counts. Repeat 2x each side.



Circle shoulders forward, then backward. Repeat 10x each direction.



Bend to one side. Hold 10 counts. Repeat on other side.



Gently rotate body to one side. Hold 10 counts. Repeat each side



Stand up with hands supporting lower back. Gently arch your back. Hold 5 counts. Repeat as needed