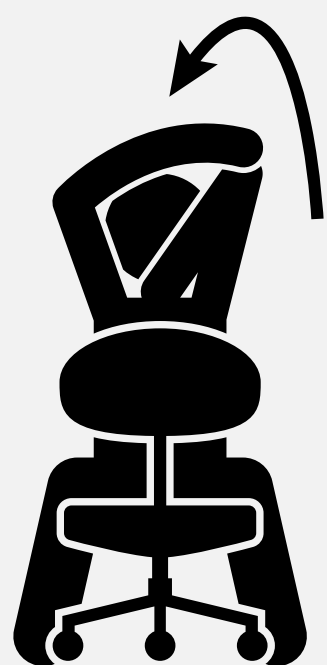


# DESKERCISE ROUTINE

WELL  
AT  
WORK



## Reach Back Stretch

Raise your right arm and then bend at the elbow by reaching your hand down behind your back.

With your other hand, apply gentle pressure to the bent elbow.

Hold for 15 to 30 seconds and repeat with left arm.



## Forearm Flexor Stretch

Hold right arm out at shoulder height with your palm out.

With your left arm, pull gently on fingers of right hand, keeping the right elbow straight.

Hold for 10 seconds and repeat with left arm.

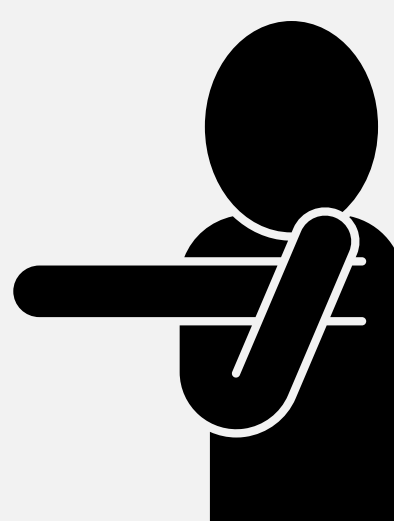


## Neck Tilts

With your back straight and shoulders square, lower your chin toward your chest and hold for 15 seconds before slowly lifting your head back up.

Tilt your chin up toward the ceiling and bring the base of your skull toward your back.

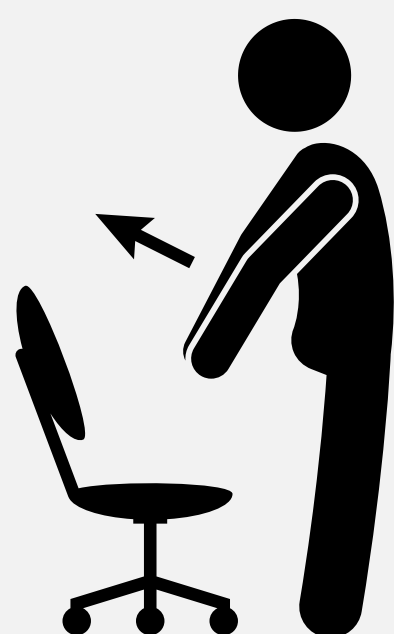
Hold for 15 seconds, then return to the start position.



## Shoulder Stretch

Keeping your right arm straight and your shoulder relaxed, pull your arm across your body at shoulder height and hold for 15 seconds.

Repeat on the other side.



## Posture Stretch

Stand up straight with your feet shoulder width apart.

Tuck in your chin and place your hands just below the hollow of your back or behind you.

Push your back to arch over your hands.



## Hip and Knee Stretch

Hug one knee at a time, pulling it toward your chest.

Hold the pose for 10 to 30 seconds.

Alternate legs.



## Quad Stretch

Using a chair, desk or wall for balance, take your heel towards your bottom, keeping your knees together and your back straight.

Hold where you feel a stretch in your thigh and repeat on the other side



## Back Twist

Plant your feet shoulder width apart on the floor.

Take the right arm and place on left knee. Twist towards the right.

Hold for 10 seconds and repeat on the other side.

Please note exercises should only be undertaken using correct technique and stretching to moderate tension. If pain or discomfort occurs, stop immediately and seek professional help and instruction.