Desk Stretches



1 SHOULDER ROLLS / SHRUGS



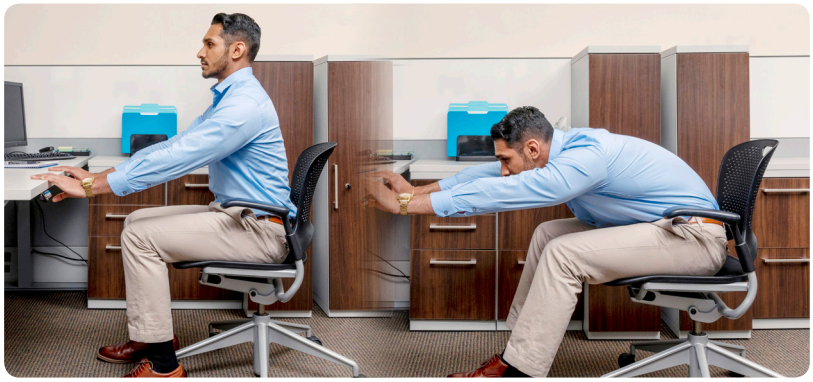
2 SEATED HAMSTRING STRETCH



3 STANDING QUAD STRETCH:
Alternate legs.



4 CHEST STRETCH:
Roll shoulders back and lift chest.



5 BACK STRETCH:
Press chest towards ground.



6 NECK STRETCH:
Alternate up/down and side to side.



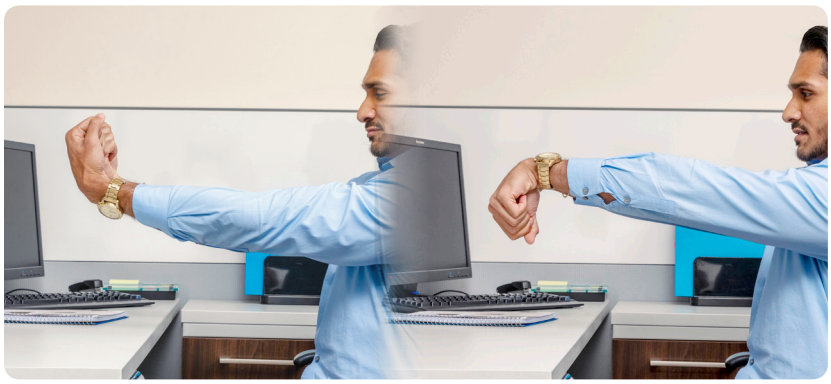
7 FOREARM STRETCHES

(Continued on back)

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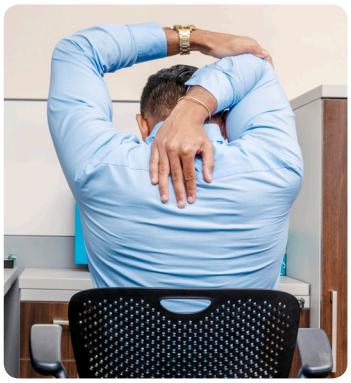
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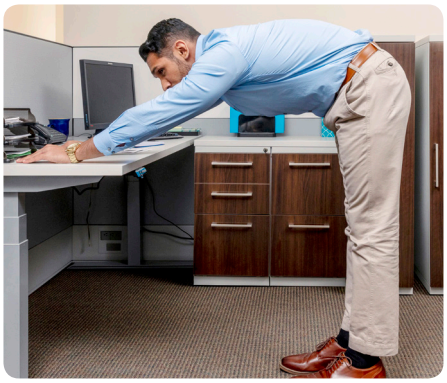
8 WRIST ROTATIONS:
Rotate clockwise then counterclockwise and repeat both wrists.



9 SHOULDER STRETCH:
Repeat both sides.



10 TRICEP STRETCH:
Repeat both sides.



11 SHOULDER OPENER



12 DEEP LUNGE:
Repeat both sides.



13 HIP FLEXOR STRETCH:
Repeat both sides.

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