

DESK STRETCHING GUIDE

Neck Stretch



Seated Torso Twist



Seated Chest Stretch



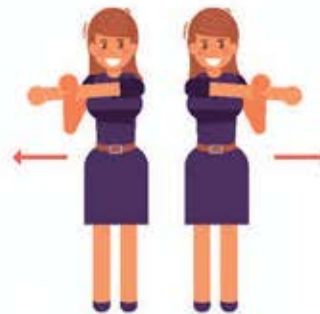
Glute Stretch



Hamstring Stretch



Shoulder Stretch



Challenge yourself to perform these stretches 2-3 times a day. Each stretch should be performed slowly and with control, holding for 30 to 40 seconds. Hold each stretch at the point of mild tension or tightness, not to the point of pain.