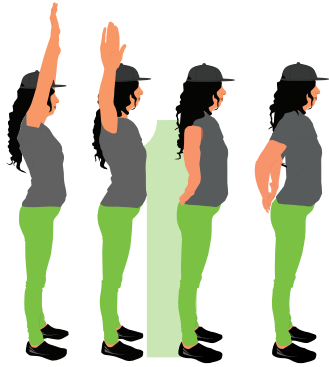


INDUSTRIAL SPORTS MEDICINE DESK STATION WARM UP



Shoulder CARS

12-16 Reps



Squats

12-16 Reps



Neck Rolls

5 Reps



Incline Push Ups

12-16 Reps



Lat Stretch on Chair

20 Seconds



Huggers

12-16 Reps

Before beginning any exercise program, please consult your healthcare provider to ensure that you are in good health and that these exercises are suitable for your current fitness level. The information provided in this exercise routine is for educational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment.