

SEATED DESK STRETCHES

YOUR BODY IS YOUR MACHINE

Keep it well oiled, moving correctly, and maintained. Use these stretches to get back in the game-not to power down! Would an athlete on the sidelines run back into a game without a proper warm up? Nope. And neither should you! Prior to starting any fitness program, check with your physician to make sure you are healthy enough to begin an exercise routine.

Lat Stretch

Holding onto the back of a chair or table, walk back until your arms are straight. Sit hips back and lean down into the stretch.



2 x 20 secs

Pec Stretch

Clasp both hands behind the back. Slowly elevate your hands while holding your shoulders back to feel a stretch in the front of the chest.



2 x 20 secs

Upper Trap Stretch

Assume a neutral posture and position one arm behind the back. Place your free hand on the opposite side of your head. Gently pull your head laterally bringing your ear to your shoulder.



2 x 20 secs each



Chin Tuck

Tuck your chin in towards your spine, elongating your spine and neck. Hold 5 seconds.

2 x 10 reps

Torso Twist

Sitting up tall with spine straight, rotate toward one side, pulling at the back of the chair and looking over your shoulder.



2 x 10 reps each



Figure 4 Stretch

To stretch the deep hip muscles and decrease tension in the low back, cross your ankle over your opposite knee. Sit tall and lean forward leading with your chest.

2 x 20 secs each



Scan to see how to do these stretches