

# INDUSTRIAL SPORTS MEDICINE

# STANDING 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.

### Low Back Extension

Place your hands on your hips and lean back to extend back through your lower spine. Hold briefly and return to neutral.

2 x 10 reps



### Single Leg Balance

Lift one leg. Root down through your heel on your standing leg. Spread your toes. Engage your core and keep your hips level.

2 x 20 secs each

### Hip Extension

Root down through your standing leg and kick your heel back behind you. Keep your core engaged and squeeze your glute muscles to kick back. Hold onto a table or wall for support if needed.

2 x 10 reps each



### Figure 4 Stretch

In a standing position, cross your ankle over your opposite knee and sit your hips back with chest forward.

2 x 20 secs each

### Mountain Pose

Reach tall overhead, breathing in and out as you bring your arms back down.

2 x 10 reps



### Desk Push Ups

Place hands on the desk, keep your body in a plank and head in line with the spine, slowly lower down to your chest, engage the core, and push back up to the starting position. Arms wide.

2 x 10 reps

### Squats

With feet hip width apart, put your weight into your heels and sit back into a squat. Keep your chest up and knees in line with the feet.

2 x 10 reps



### Hip Flexor Stretch

Standing in a lunge stance with the front knee bent and back knee straight, lean slightly back to feel a stretch at the front of the hip and in the calf.

2 x 20 secs



Scan to see how to do these stretches