

Office Stretches

(Hold all stretches for 30 seconds each unless stated otherwise)

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Shoulder Pull

Grab under your right upper arm and pull the arm at shoulder height across your chest. Repeat for other shoulder.



Shoulder Stretch

Front: Interlock fingers in front of body, turn palms away from body. Gently straighten elbows and reach.



Shoulder Stretch

Back: Interlock fingers behind back with palms facing upwards. Gently straighten elbows while pulling shoulders back.



Side Stretch

Either standing or sitting, slide left hand downward while stretching opposite hand up and over head. Repeat for other arm.



Tricep & Shoulder Stretch

Reach behind your head with elbow bent. Use opposite hand to pull on elbow so your hand moves down your back. Repeat for other arm.



Neck Stretch

Reach your left hand over your head and shrug your right shoulder. As you pull your head to the left, drop your right shoulder. **Hold for 10 seconds**



Knee to Chest

While seated or standing, with back supported, slowly pull one knee up towards your chest. Repeat for other side.



Back Rotation

While sitting on a chair, face body to the right with right leg crossed over your left leg. Place left hand on right thigh just above the knee and pull leg to the left. Repeat for the other side.



Buttocks Stretch

While sitting on a chair, position right ankle on left knee. Place hands on the right lower leg and slowly bend forwards towards your legs keeping your back straight. Repeat for other leg.



Wrist Stretch

With a straight elbow and palm facing outward, stretch the forearm and wrist. Then turn the hand over so your palm is facing inward and pull the hand downward.

Repeat for the other arm
Hold both for 10 seconds



Quadricep Stretch

While supporting yourself, grasp left foot with same or opposite hand and gently pull heel towards buttocks. Repeat for other side. **Hold for 20 seconds**



Chest Stretch

Bend elbows and place hands and forearms on each edge of a doorway at elbow height. With feet shoulder width apart, lean body forward through doorway.