

Seated Spinal Twist



This stretch lengthens the spinal extensor muscles to alleviate poor posture and chronic back pain.

How to Perform:

Sit upright with feet flat on the floor. Cross your right leg over the left (if this is too deep, keep feet on the floor). Inhale, lift arms overhead and exhale rotate to your right and place hands on the outside of your chair or thigh. Hold for five breaths. Inhale, rotate to center, switch crossed legs and exhale and complete the stretch on the left.

Seated Lateral Flexion



This stretch expands the chest muscles while lengthening the latissimus dorsi and serratus anterior muscles.

How to Perform:

Sit upright with feet firmly planted on the ground. Keep the spine neutral and place hands interlocked behind the head. Hold and allow the chest to open for three breaths while the elbows open to the side. Exhale; laterally flex the spine on the left side. Hold for five deep breaths, return to center and repeat on the opposite side.

Side Neck Stretch



This stretch relieves jaw tension and allows the side of the neck, front of the deltoid and part of the chest muscle to open and lengthen.

How to Perform:

Slowly tilt your left ear toward the shoulder. Place the top of your right hand on the lower part of the back, and roll the right shoulder down and away from the ear. Place your left hand with slight pressure on the top of the head. Slightly lift the chin and keep the jaw open. Hold for five deep breaths, release, and repeat on the opposite side.

Seated Figure Four



This stretch opens the glutes and the external rotators of the hip.

How to Perform:

Sit upright with a neutral spine. Cross your right leg over the left and rest your hands on your shins. For a deeper stretch, lean your torso slightly forward. Hold for five deep breaths, release and repeat on the left leg.

Downward Facing Dog

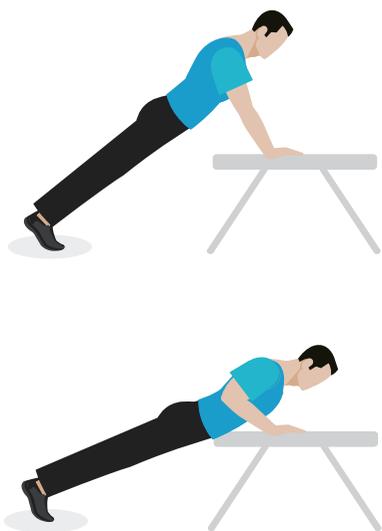


This stretch lengthens the chest and back of the legs (glutes, hamstrings and calves).

How to Perform:

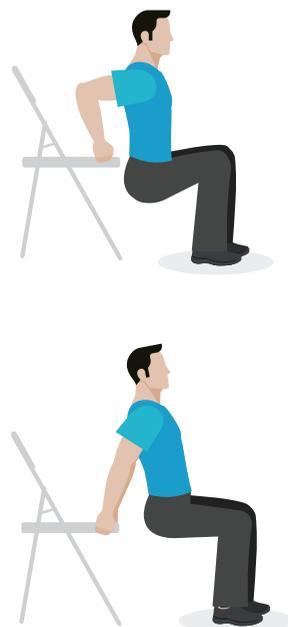
Stand upright and walk your feet slightly in front of the hips. Hinge at your hips and place your hands on your desk, chair or door handle. Push the hips back as you bring the chest parallel to the floor. Hold for five deep breaths.

Desk Push-Ups



Use one edge of your desk to complete push-ups (some may prefer to just do them on the floor)

Chair Tricep Dips



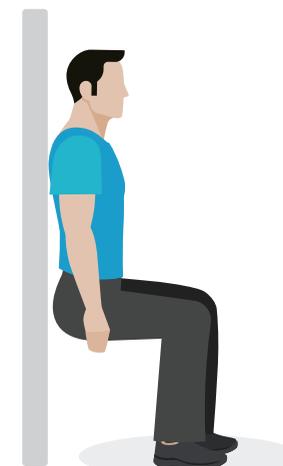
Use a chair to perform triceps dips.

Walking Lunges



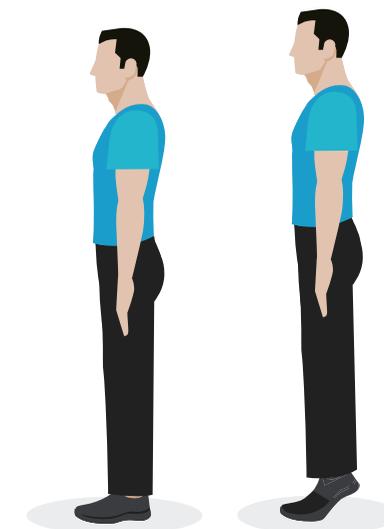
Use the entire office space to complete walking lunges (from one end to the other)

Wall Sits



Use a small wall space in your office, lean against it and squat down so that there is 90-degree angle about your knees (hold as long as you can)

Standing Calf Raises



Perform standing calf raises, holding on to your office chair if balancing is initially challenging.