

Office Stretches

Chest Stretch



Make sure the right elbow or arm is at chest height, ensure the neck is relaxed. Begin to twist till you feel a stretch. Repeat on the other side.

Upper back stretch



Hang off a table or counter top, keep your head between your arms and look down to the floor.

Glute Stretch



Bring your left ankle over your right knee and begin to sit down, hang onto a table or wall for support, if needed. Repeat on the other side

Hip Flexor Stretch



Step back with your right leg and then add side bend to the left. For a deeper stretch, bring your right knee closer to the ground. Repeat on the other side.

Neck Stretch



Bring your right arm behind, drop your left ear to the left shoulder. To get a deeper stretch, gently pull on your head. Repeat on the other side.

Quad Stretch



Grab your foot and then bring your knee back to feel a stretch. For support, hang onto a table or wall.