



Here Is Your Workout

Equipment: Bodyweight, Towel

At your desk...



You can complete the following exercises at your desk

#	REPS	WEIGHT	TIME	NOTES
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2				
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6				

Neck Stretch



- 1 - Stand or sit upright, placing one hand on the opposite side of your head, elbow bent.
 - 2 - Gently pull your head down sideways toward your shoulder.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

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Hip Flexor Stretch With Arm Raise



Kneeling on one knee, tuck the pelvis and draw back through the lower belly to stretch through the front of the hip. Use the reaching arm to lift out of the lower back and squeeze the back butt cheek. Drive down through the front heel as if you are about to stand up and press the back shin downwards to increase the stretch.

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Desk Based Chest Opener



Work at rolling shoulders back and down. Peeling collar bones open. Especially the mouse side.

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Seated Spine Twist Stretch



- Sit upright with your feet flat.
- 1 - Turn your head and shoulders to one side, twisting your torso and place your hands at the side of the chair, keeping your feet flat.
 - 2 - Twist to the other side placing your hands at this side of the chair.

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Glutes Stretch



- Sit upright in a chair with your feet flat on the floor.
- 1 - Raise one leg and place your ankle on the bent knee of your opposite leg.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

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Seated Reach Stretch



- Sit upright in a chair.
- 1 - Raise your arms straight up overhead, clasping your hands together and look up at your hands, lifting your shoulders up to your ears.

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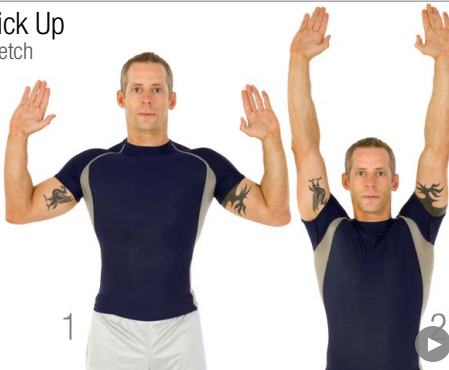
Seated Back Stretch



- Sit upright in a chair.
- 1 - Bend over at the waist, lowering your head and hands towards the floor, rounding your back.

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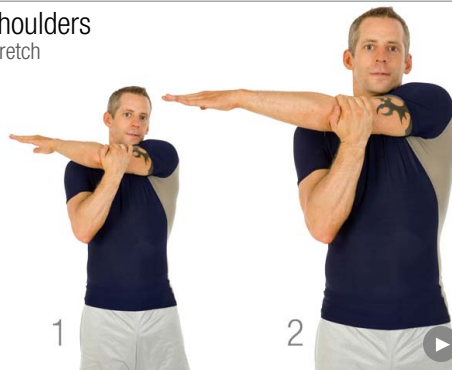
Stick Up Stretch



- 1 - Stand upright with your hands at shoulder height, elbows bent and your palms out
- 2 - Straighten your arms overhead, extending fully.

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Shoulders Stretch



- 1 - Stand upright with one arm at shoulder height, bent across the front of your neck.
 - 2 - Place your other hand on the elbow of the bent arm and gently pull this arm straight across your body.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

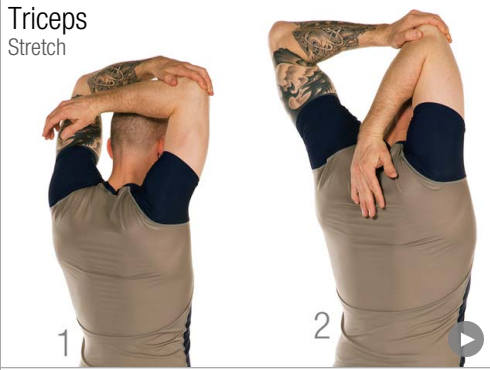
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Eagle Arm Stretch



- Cross elbows and join hands. Lengthen up through the crown of the head and draw the elbows downwards keeping the chest open. Feel the stretch pull across the shoulder blades, base of the neck and shoulders. This is a great exercise for opening up computer shoulders. To deepen the stretch, move arms up and down in an arc shape.

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Triceps Stretch

- 1 - Stand or sit upright with one arm behind your head, bent at the elbow and the other hand on this bent elbow.
- 2 - Gently pull the arm across and down, lowering your hand to touch your upper back.

- Perform on one side, then switch to the other side. Alternate sides with each rep.

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Back Stretch

- 1 - Stand holding the ends of a towel in each hand with your arms extended over your head.
- 2 - Pull the towel back and down behind your head, lowering it down to neck level.

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Triceps Stretch

- 1 - Hold the ends small towel behind your back with one hand at your head and one in your lower back, elbows bent.
- 2 - Gently pull the towel down, drawing your top hand towards your upper back.

- Perform on one side, then switch to the other side. Alternate sides with each rep.

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