

# ENERGIZE YOUR WORKPLACE

Been sitting for awhile? Take a stretch break!

Keep these important points in mind while stretching:

- Keep your knees slightly bent
- Stretch until you feel mild tension
- Do not bounce
- Remember to breathe slowly



## WARM-UP

March on the spot for 40 counts, swing arms gently at side.



## SHOULDERS AND NECK

Raise shoulders towards ears. Hold for 3 to 5 counts, relax. Repeat 3 times.



## SHOULDERS AND ARMS

Extend one arm above head, reach down with other hand. Push hands to ceiling and floor. Hold for 10 counts, switch sides.



## SHOULDERS, WRISTS AND FINGERS

Interlock fingers, straighten arms in front. Hold for 10 counts.



## SHOULDERS

Lift and roll shoulders forward 5 times. Keep head straight, use wide circular motions. Lift and roll shoulders backwards 5 times.



## HAMSTRINGS

While seated, lock hands together around right knee and pull knee towards chest. Hold for 5 counts. Repeat with other leg.



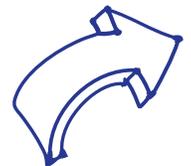
## SHOULDERS AND BACK

Interlock fingers. Straighten arms above head, pushing palms to ceiling. Hold for 10 counts.



## ARMS AND CHEST

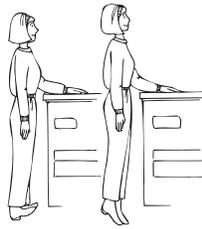
Interlock fingers behind back. Turn elbows inward, feel arm stretch. Lift chest slightly upward. Hold for 10 counts.





### CHEST PRESS

Stand in a doorway with hands shoulder height on either side of doorway. Move upper body forward until mild stretch can be felt in arms and chest. Hold for 15 counts.



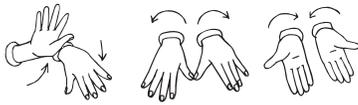
### CALVES AND SHINS

Stand with feet shoulder-width apart. Use a desk or chair for balance. Raise heels up, hold for 6 to 8 counts, lower heels. Lean back on heels, hold for 6 to 8 counts, lower toes. Repeat 3 times.



### UPPER ARM STRETCH

Stand with feet shoulder-width apart. Raise right arm above head, bend at elbow so right hand rests at back of neck. Raise left hand to rest on right elbow. Hold for 6 to 8 counts.



### WRISTS

Extend arms in front, raising and lowering hands 5 times. Rotate hands 10 times. Repeat sequence 3 times.



### SIDE LEG RAISE

Stand straight, knees slightly bent. Use a desk or chair for balance. Raise and lower outer leg sideways from body 8 times. Repeat with other leg.



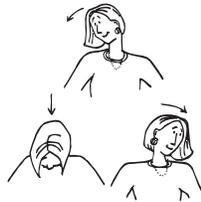
### ANKLES

Rest leg on opposite knee. Rotate ankle 10 times clockwise and 10 times counter-clockwise. Repeat with other leg.



### SHOULDERS AND CHEST

Interlock fingers behind head, elbows pointing out. Pull shoulder blades towards each other. Hold for 3 to 5 counts.



### NECK

Slowly bend neck, touching right ear to shoulder, hold for 6 to 8 counts. Repeat on left side. Slowly bend neck down to chest, hold for 6 to 8 counts. Slowly roll head across chest from shoulder to shoulder in half circle only and repeat.