

INCREASE YOUR NEAT WHILE AT WORK

SIMPLE DESK STRETCHES



You can boost your energy, burn more calories, relieve stress and improve your posture while at your desk with these simple stretches. Will you give them a try?!



SPINAL ROTATION

Great for loosening up a tight back from sitting too long



LATERAL SIDE STRETCH

Great stretch for shoulders and to improve overhead mobility



UPPER BODY REACH

Reduces upper body stiffness and helps improve posture



TRICEPS STRETCH

Improves flexibility, lengthens muscles and boost circulation



CAT / COW IN CHAIR POSE

Gently stretches the core and loosens up the spine



HAMSTRING STRETCH

Wakes up the legs, increases flexibility and range of motion