

# STRETCHES

These are stretches to do at your desk.  
This program will take 2 1/2 – 3 min.

- Breathe easily
- No bouncing or forcing
- No pain!
- *Feel* the stretch
- Relax
- See Stretching Instructions, pp. 77–84

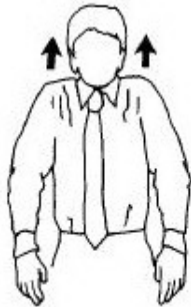
**1**  
5 sec, 3 times



**2**  
5 sec, 3 times



**3**  
5 sec, 2 times



**4**  
5 sec, 2 times



**5**  
5 sec



**6**  
5 sec  
each side



**7**  
5 sec



**8**  
10 sec  
each arm



**9**  
10 sec



**10**  
10 sec



**11**  
9 sec  
each side



**12**  
10 sec

