

TAKE A BREAK



BACK ROTATION

Sit on edge of seat with one hand on opposite knee, other on chair. Gently pull with hand on knee and, if needed, push with hand on chair to rotate trunk to that side.

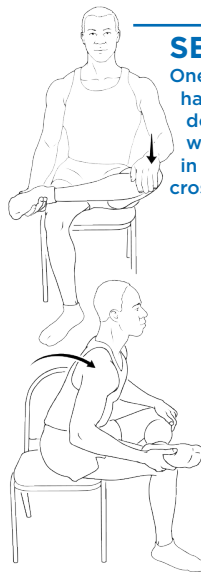


MID-BACK

Sit on chair. Lean forward. For deeper stretch, reach arms toward back legs of chair. To return, put forearms on knees and press up.

SEATED FIGURE FOUR

One ankle on opposite knee, same-side hand on crossed knee. Gently press down on knee. Lean torso forward with flat back, until stretch is felt in hamstrings and gluteals of crossed-leg side.



CHEST

Clasp hands behind back. While looking up, squeeze shoulder blades. Feel stretch across front of chest. Keep hands close to body.



TAKE A BREAK

TOP OF SHOULDER

One hand over top of head, other hand against low back. Point chin toward pulling side underarm. Increase stretch by gently pulling on head. Repeat opposite side.



WRIST

Elbow straight, palm down. Grasp finger tips with opposite hand and gently bend wrist up, feeling stretch on bottom of forearm. Repeat bending wrist down, feeling stretch on top of forearm.



ROTATORS

Back straight, ankle crossed over opposite thigh. Grasping bent knee in both hands, gently rotate opposite shoulder toward bent knee and pull knee toward shoulder.



HAMSTRINGS

Edge of seat, back straight, one leg extended. Put a hand on each thigh and bend forward from the hip. Allow hand on extended leg to reach toward toes. Support your upper body with other arm.

