

10 DESK STRETCHES

TO LOOSEN UP WHILE YOU WORK



Calf Stretch



Glute Stretch



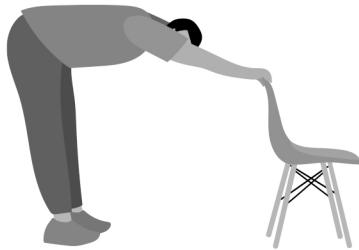
**Hip Flexor and
Quad Stretch**



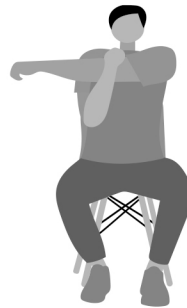
**Lateral Line
Stretch**



**Low Back
Stretch**



**Posterior Line
Stretch**



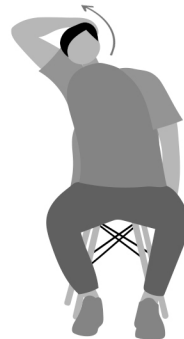
**Shoulder
Stretch**



**Thoracic
Rotation
Stretch**



**Tricep and
Lateral Stretch**



**Upper Trap
Stretch**