

Quick Office Stretch

Standing (or seated if required)

Wrist circles: forwards and backwards



Circles from elbows: forwards and backwards



Full arm rotation: forward and backward



One arm forward, one arm backward: both directions



Torso rotation



Arm across body



Same arm up and behind the head



Switch sides



Interlock hands and press out overhead



Press out in front



Press out behind



Both arms out to the side



Bring left arm underneath right arm and try and bring palms together (or as close as possible)



Switch sides

Head to the left



To the right



Up



Down



Complete