

# STRETCH

*For Safety in the Office*



## Extended Arm Circles

Slowly swing arms forward in large circles 10 times. Repeat 10 times going backward.



## Shoulder Pinch

Gently pull elbows back, "pinching" shoulder blades together. Hold for 10 count and relax.



## Arm Across Stretch

Cross arm in front of body at chest level with elbows bent. Pull elbow. Hold for 10 count. Repeat opposite side.



## Biceps

Take your arms out to the sides, slightly behind you, with the thumbs up. Rotate your thumbs down and back until they are pointing behind you. Hold for 10 count.



## Shoulder Shrug

Raise your shoulders towards your ears until you feel slight tension in your neck and shoulders. Hold this feeling for five seconds, then relax your shoulders downward into their normal position. Repeat three times.



## Side Neck Stretch

Stand with back straight. Drop your head slowly to the left trying to touch your ear to your shoulder. Bring head back to center and repeat on the right.



## Finger Fan

Hold hands out with palms down. Spread fingers apart, hold for five seconds. Make a fist, hold for five count. Release. Repeat three times.



## Hand Stretch

Grasp hand and hold fingers with the other hand. Slowly bend the wrist down until you feel a stretch. Hold for five count. Then slowly bend your wrist up until you feel the stretch. Hold for five count. Repeat on other side.



## Back Side Stretch

Interlock your fingers and lift arms overhead, keeping elbows straight. Press arms as far back as you can. To stretch your sides, slowly lean to the left and then to the right. Hold for 10 count. Repeat other side.



## Upper Back Stretch

Stand tall with your back straight. Interlock your fingers, palms up. Stretch arms above your head until arms are straight. Keep your stomach muscles tight and tucked in, and DO NOT arch your back. Hold for 10 count.



## Low Back Stretch

While standing, feet shoulder-width apart, place hands at lower back. Slowly arch back while looking up. Hold for 10 count.



## Hamstring Stretch

Put one leg forward and pull toes upward. Lean forward at the hips keeping front leg straight. Hold for 10 count then change sides.

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