

Flex, Stretch and Strengthen

Guidelines:

- You should do at least ONE exercise every 15-20 minutes either at your desk, at your home, or before you begin your exercise routine.
- These exercises should be done in a slow and controlled manner to avoid any injury.

BENT OVER T-SPINE ROTATION

- Bend over so your hands are about knee level
- Slight bend in your knees, hips back
- Slight arch in your lower back, tuck your chin
- Rotate from your mid back reaching just your right hand up toward the ceiling, keeping your left hand pointed down
- Keep your core tight/braced
- Bring your right hand back to knee level, repeat with the left.
- Repeat 5-8 reps/side
- Great for loosening up the mid back and front of your shoulders



NO MONEY DRILL

- Stand up tall
- Chin tucked
- Shoulders back and down
- Tighten your core, roll your pelvis back
- Imagine there is a string attached to your head and it is being pulled up towards the ceiling
- Have your arms by your side, elbows bent at 90 degrees and palms facing the ceiling
- Rotate your upper arms outwards so your thumbs will be pointing directly behind you.
- Repeat 10 times
- Strengthens the muscles in your mid back and stretches the front of your shoulders



SQUAT TO STAND

- Get into a stance just a bit wider than your shoulders
- Bend over at your waist and bend your knees.
- Squat down and grab your toes
 - You can also grab your knees, shins, or ankles depending on how flexible you are
- Now holding on to your toes, keep your head down and point your butt up to the ceiling
- Return to the squat position, all while holding on to your toes, try and get your butt lower and higher each time
- Repeat 8 times
- Great for stretching out the low back, hips, groin, hamstrings and calves



SUPINE BRIDGE

- Lay on your back with your knees bent and your feet on the floor
- Feet shoulder width apart, hands down by your side
- Squeeze your gluts together
- Push down through your heels and lift your butt off the ground until your knees, hips, and shoulders are in a straight line
- At the top, hold the pose for 3 seconds and re-squeeze your gluts again and lower your hips down to the floor
- Repeat 10 reps
- Activates and strengthens the gluts and core



SIDE LYING WINDMILL

- Lie on your left side
- Bend your right leg up so that your hip and knee at 90 degrees
- Stick both hands out straight in front of you on the ground
- Keeping your left arm/hand on the ground, turn your upper body and head to the right, trying to keep your right hand on the floor, making a half circle motion
- Now glide your right hand across your body to your left hand
- Repeat on the right side, 5-10 reps per side
- Stretches your shoulders, mid back, and lower back



YOGA PLEX

- Standing in front of your desk or chair, hold it with both hands for support
- With your right leg take a big step back (reverse lunge)
- With your right hand reach up and back, finishing the move with trying to touch
- Repeat 5x/side



STATIC STRETCHES

