



1. Draw arm across chest, holding arm just above your elbow, breast bone high, hug arm close into chest till you feel a stretch into the shoulder
2. Take arm straight up above shoulder and lean arm and body to the side keeping your hand above your head
3. Stand on one leg and lift other leg so knee is at a right angles and pull knee into the body and pull the leg further into the torso as the muscles relax
4. Rest both hands on hips, lean to one side allowing hand to slide down outside of leg and holding a 3lb weight in each hand will help to elongate and enhance the stretch
5. Take both hands up straight over your head and lean to one side keeping hands above head and allow upper body to lean forward very slightly to deepen the stretch
6. Place hands on your desk, push butt backwards till your body is at right angles to the floor, look down to floor without dropping head and without moving your body position try to walk your fingers away from the body across your desk

UPPER BODY STANDING DESK STRETCH ROUTINE

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