



1. Put right hand on arm or seat of your chair, face front foot toward the chair and the back foot at right angles to the front of the chair. Rotate a little to the back leg and open up the hips while reaching up and overhead to stretch through the side of the body.
2. Sit upright on your chair and place your hand on opposite side of your head and remaining sitting upright, gently pull and tilt your head to your bent arm.
3. Stand arms length from desk and lean forward putting your hands on the edge of your desk for support ensuring your back is straight and then bring your knee in towards the edge of the desk and then lower back down.
4. Stand close to your desk and lean into it supporting yourself with your arm, grab your right ankle and pull your heel into your right butt cheek. If you cannot get your heel to touch your butt, push your hips and pelvis forward slightly to enhance the stretch and repeat frequently until your flexibility has improved and your heel is reaches your butt.

STANDING CHAIR AND DESK STRETCHING