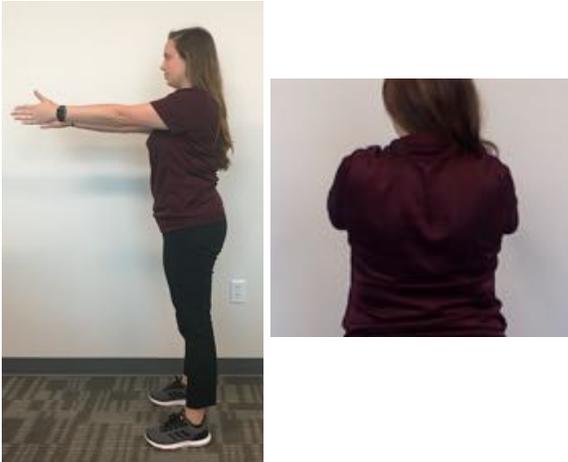


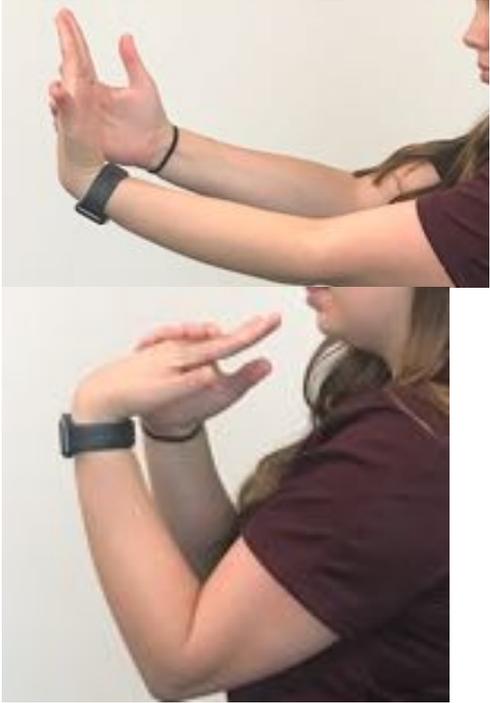


# Office Employee Stretching Guide

Stretch	Photo	Instruction
Leg Swings		<ul style="list-style-type: none"><li>• Stand on one leg and lift other leg so hip and knee is flexed at 90 degrees.</li><li>• While keeping the knee bent at 90 degrees, swing leg back and forth.</li><li>• Complete 2 sets of 10 repetitions and then switch legs and complete with opposite leg. Remember to switch sides between sets.</li></ul>
Side Leg Lifts		<ul style="list-style-type: none"><li>• Begin with one leg lifted backward with knee bent at 90 degrees.</li><li>• Lift raised leg to the side, away from stationary leg, and then bring it back toward body in a controlled motion.</li><li>• Complete 2 sets of 10 repetitions and then switch legs and complete with opposite leg. Remember to switch sides between sets.</li></ul>
Deadlift		<ul style="list-style-type: none"><li>• Stand while keeping a neutral posture.</li><li>• In a smooth controlled motion and keeping a neutral back, bend forward at the hips and return to standing position.</li><li>• Complete 2 sets of 10 repetitions.</li></ul>

<p>Lunges</p>		<ul style="list-style-type: none"> <li>• Stand with feet split front to back of the body.</li> <li>• Slowly bend knees so that the back knee is at ankle level and come back up to standing position.</li> <li>• It is important to keep front knee behind toes and allow hips to remain level throughout the movement.</li> <li>• Complete 2 sets of 10 repetitions and then switch legs and complete with opposite leg. Remember to switch sides between sets.</li> </ul>
<p>Middle-Back Strengthening</p>		<ul style="list-style-type: none"> <li>• Reach arms forward so that the shoulder blades move forward and apart from each other.</li> <li>• Then gently draw shoulder blades back toward each other.</li> <li>• Complete 2 sets of 10 repetitions.</li> </ul>
<p>Hinge Rotation</p>		<ul style="list-style-type: none"> <li>• Place hand in small of back.</li> <li>• Bend forward and hold position for 20 seconds.</li> <li>• Then lift the chest and rotate.</li> <li>• Complete 2 sets of 10 repetitions on both sides, remembering to switch sides between sets.</li> </ul>

<p>Side Neck Stretch</p>		<ul style="list-style-type: none"> <li>• Hold head with one hand. Gently pull head to that side.</li> <li>• Hold stretch for 20 seconds.</li> <li>• Switch sides and perform with other arm.</li> <li>• Perform stretch twice on each side- 20 seconds each- switching sides between sets.</li> </ul>
<p>Mid-Back Extensions</p>		<ul style="list-style-type: none"> <li>• Stand with arms placed crossed on the chest.</li> <li>• Lift chest up while leaning back from the mid-back</li> <li>• Perform 2 sets of 10 repetitions.</li> </ul>
<p>Lat/ Arm Stretch</p>		<ul style="list-style-type: none"> <li>• Place hands against the wall while standing with legs in a split stance.</li> <li>• Hinge forward and hold stretch for 2 seconds-twice.</li> <li>• In order to get a deeper stretch, place elbows against the wall.</li> <li>• Keeping the back heel on the ground will also allow you to stretch the calf.</li> <li>•</li> </ul>
<p>Forearm Flexor Stretch</p>		<ul style="list-style-type: none"> <li>• Extend the arm with palm facing up while using the other arm to pull the fingers where they are pointing to the ground- extending the wrist.</li> <li>• You can also perform the stretch with a bent elbow to stretch the one-joint flexors more effectively.</li> <li>• Hold the stretch for twenty seconds, two times each arm. Remember to switch sides between stretches.</li> </ul>

		
<p>Forearm Extensor Stretch</p>		<ul style="list-style-type: none"> <li>• Extend the arm with palm facing up. Use the other arm to pull the hand where the fingers are pointing to the sky.</li> <li>• You can also perform the stretch with a bent elbow to stretch the one-joint extensors of the wrist more effectively.</li> <li>• Hold the stretch for twenty seconds, two times each arm. Remember to switch sides between stretches.</li> </ul>
<p>Single Leg Deadlift</p>		<ul style="list-style-type: none"> <li>• Stand on one leg with knee bent at 90 degrees with foot to the back.</li> <li>• Bend forward at the hips while keeping a neutral spine posture.</li> <li>• Perform 2 sets of 10 repetitions. Switching sides between sets.</li> </ul>