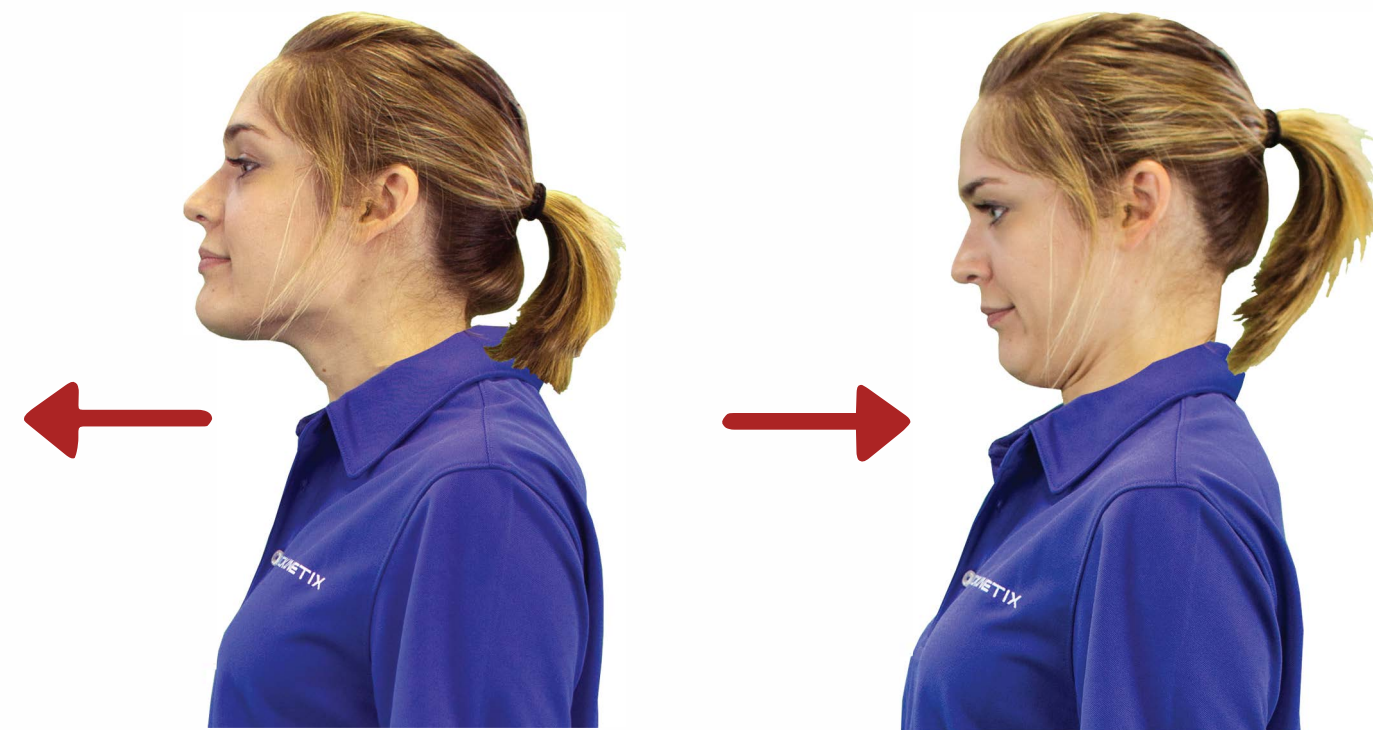


Reset your neck muscles to alleviate strain from looking at the computer screen all day

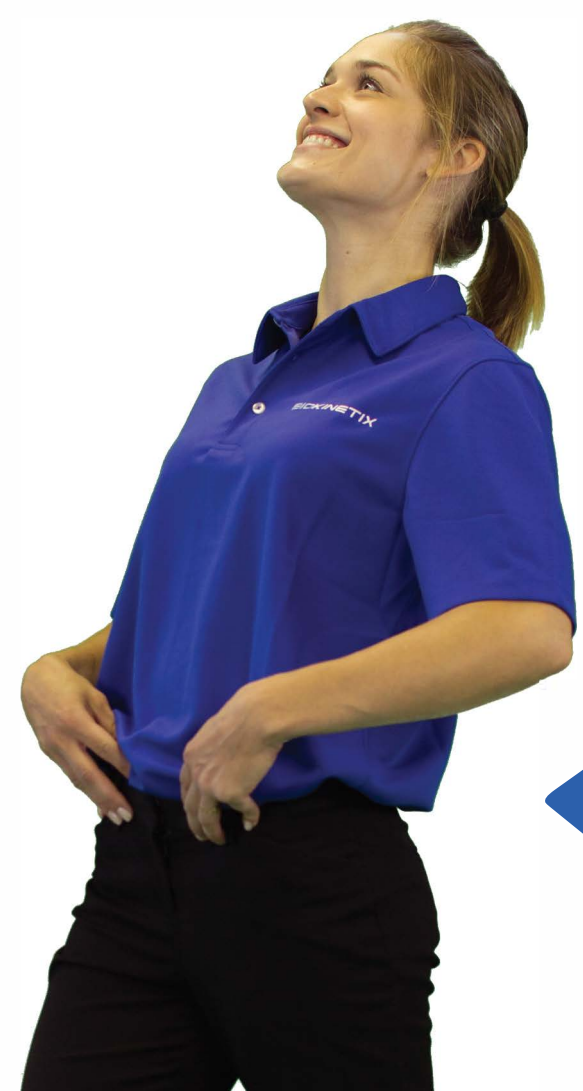
Movement: Chin Tucks



Bring your chin out and then glide your neck straight back

Reset your back to alleviate aches and stiffness from forward reaching and sitting for extended periods of time

Movement: Lumbar Extension

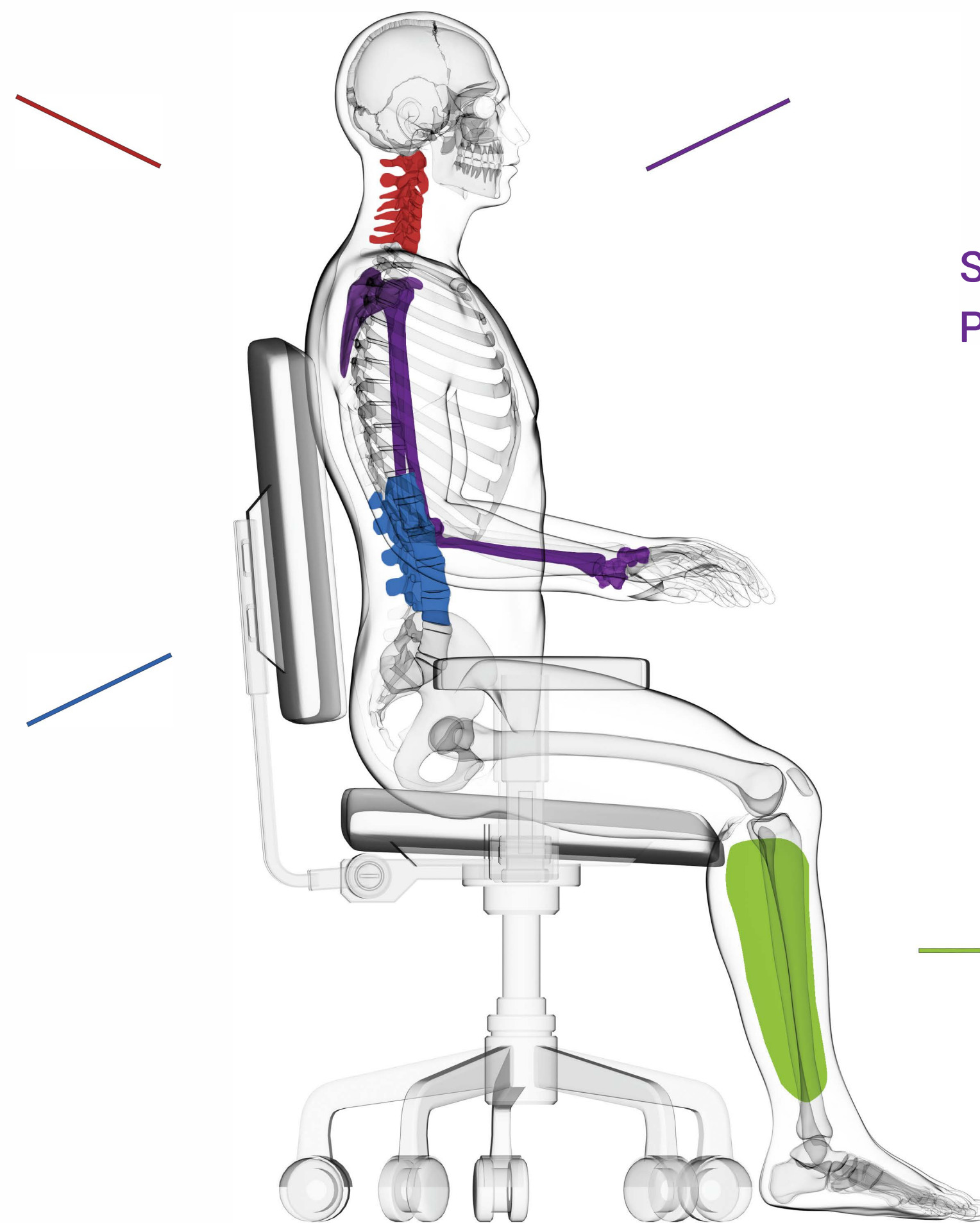


With legs staggered, slowly lean back while keeping your neck and back straight.

Hold for 30 seconds

Reset your upper body and posture to alleviate strain and stiffness from sitting in an office chair for long periods of time

Movement: Shoulder + Elbow + Wrist Extensions



Starting Position



Fully extend elbows and wrists

Increase circulation by bringing blood flow to your lower extremities and help improve balance and coordination

Movement: Heel Raise + Toe Raise



Raise tips of toes then rock forward and raise heel