



Workstation Exercises

A. Shoulder Stretch

Push your shoulders backwards, then up towards your ears, then forward to make circles.

Repeat 3 to 5 times.
Do it again in the other direction.



B. Neck Rolls

Touch your chin to chest. Slide your chin from shoulder to shoulder until you feel looser.



C. Finger Fan

Spread the fingers of both hands wide. Hold for 5 seconds, then relax. Repeat 3 times.



D. Tall Stretch

Reach up as high as you can 3 times, first with one hand and then with the other or do both hands at the same time.



E. Squeeze a Ball

Squeeze a foam ball 5 to 10 times. Put the ball down and stretch your fingers.



F. Arm Circles

Extend your arms straight out and move them slowly around in smaller to larger circles, forward then backward. Do this several times.

