

Cinch – Squeeze the abdominal muscles as you would if you were guarding your stomach from a punch. Hold for 30 seconds.

Glutes – Squeeze the muscles in your buttocks. Hold for 30 seconds.

Shoulder Squeeze – With elbows bent, squeeze the shoulder blades together. Hold for 30 seconds.



Neck Rolls - Start with head in neutral position. Gently roll head to the right, then down, then back to neutral. Repeat to the left.

Expand & Contract - Place your hands behind your head. Pull your head forward to lengthen (expand) the muscles in your neck. Do the opposite by placing your hands on your forehead. Push your head back gently to contract the muscles in your neck.



Head Tilts – Sitting in your chair on your “sits” bones, with head in neutral position and abs cinched, tilt your head slowly to the right. Walk your fingers down the side of your chair to feel a deeper stretch in your levator scapulae (neck muscles).



STAND

Arm Supination – Extend arms straight out to the side, palms facing down, at a 90° angle to your body. Slowly rotate your palms back until they are facing up towards the ceiling (supination). Feel your chest open up and stretch. Hold for 10 seconds. Bring hands up toward the ceiling (palms facing in) and hold for 10 seconds. Turn your palms out and slowly bring your arms back down towards the floor. Repeat.



Upper Arm Stretch (Tricep Stretch) - Place your right hand back on your shoulder blade (as close to it as you can without pain).



Use your opposite hand to push your elbow back to deepen the stretch.

Finger Pulls – Extend one hand in front of your body.



Spine Stretch – Place both hands on your lower back (lumbar area). Gently stretch backwards and return to neutral, focusing on “stacking” your discs on top of each other.

