

Flex at Your Desk

Stretches to work into your daily routine



Hold all stretches for at least 15-20 seconds.



Calf stretch

Keep your body upright and place the ankle of one of your legs in the hand on the same side of your body. Be sure to keep the leg you are stretching underneath your body and close to the other leg.

Seated shoulder stretch

Sit with your back straight and flat against the back of the chair. Bring your arms up above your head and interlock your fingers. Keep your arms in front of your ears. Stretch your hands and arms upward toward the ceiling.

Chest stretch

Stand upright. Place both hands behind your body and clasp your hands together. Slowly pull both hands back away from your body. When you feel a stretch in your chest, stop pulling up and rotate your hands together in a circular motion.

Standing hamstring stretch

Stand next to a chair. Shift the weight of your body onto your right foot. Slightly bend your right knee. Lift your left foot up and rest the heel on the chair. Slightly bend your left knee. Place your hands on your knee and tighten your tummy. While keeping your head up, bend from the hip toward your left knee, sliding your hands down toward your left foot. **Do not roll your shoulders or bend your head downward.** Repeat with your right leg.

Cannon ball stretch

Sit upright with your legs bent at a 45-degree angle. Place your hands under your knees. Bend over with your head downward until your head is between your knees.



Reach for the sky

Stand with your feet shoulder-width apart. Raise both arms over your head so that your hands are intertwined with palms together.

Seated chest stretch

Sit on the edge of your chair. Bring your elbows back and squeeze them together as you lift your chin upward and stretch your chest. Squeeze your shoulder blades together.

Side-to-side reach

Standing with your feet a couple of feet apart, bending at your knee, reach from side to side, keeping your torso straight up in the air.

Lower back stretch

Turn sideways in your desk or push your chair back. Bend over from the hips and let your chest rest on your thighs. Let your head fall below your knees as your hands fall to the ground. Inhale as you slowly return to your upright position. Repeat one more time.

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Reach for the floor

Standing upright with your knees slightly bent, bend over and try to touch the floor with your hands.

Single shoulder stretch

Stand with your feet shoulder-width apart. Tighten your hips and push them slightly forward. Tighten your tummy and slightly bend your knees. Raise your right arm straight up above your head just to the side of your right ear. Bend the arm and drop your hand down between your shoulder blades. Reach up with your left arm. Bring it over your head to grab your right elbow. Gently pull the elbow of your right arm toward the left side. Repeat this movement with your left arm.

Standing quad stretch

Stand next to a chair or a wall and hold on with your right arm for support. Shift the weight of your body onto your right foot. Slightly bend your right knee. Slowly lift your left foot back upward and toward the back of your hip. Grab the ankle of your left foot with your left hand. Pull the heel of your left foot into the back of your left hip as your knee is pulled down and back. Repeat with your right leg.

Toe stretch

Stand upright with your tummy tight and your hips slightly tilted forward. Hold on to a bar or another stationary object for support. Slowly raise your heels so you are on your toes as high as possible. Slowly return to the starting position.

Upper back stretch

Stand with your feet shoulder-width apart. Bend your knees slightly. Push your hips forward slightly as you tighten your tummy. Bring your arms forward in front of your chest, interlock your fingers and turn your hands inside out. Roll your upper back as you drop your chin down towards your chest. Push your hands away from your body, stretching your upper back between your shoulder blades.



Sitting straddle toe touch

Sitting on the floor with your legs spread, reach as far as you can towards one foot. Repeat on the other side.