

30 seconds

Raise your arms and twist as far as you can to the right, then to the left.

Stretch Rotations

Fist Pumps

Punch straight upwards, then straight out in front. To increase difficulty use water bottles as weights.

30 seconds

30 seconds

Repeatedly reach out wide and hug one arm over the other.

Bear Hugs

Lower Body & Back

15 seconds x2

Stretch one leg out in front of you, pulling gently on your toes to feel a stretch.

Hamstring Stretch

Squats

With your feet shoulder width apart, gently lower yourself down, then raise yourself slowly back up.

30 seconds

15 seconds x2

Holding on to the arms of your chair lift one leg up, while keeping the other foot on the floor.

Leg Kicks

15 seconds x2

Stretch one arm across your body, using your other arm for support.

Static Stretch

Tricep Dips

Hold the edge of the desk with both hands. Dip down as far as you can and then straighten back up.

30 seconds

30 seconds

Lean on the table and gently lower yourself onto the desk and then push back up.

Push Ups