CUBICLE CALISTHENICS

STRETCHING

Hold each stretch for 15-30 seconds and repeat 2 to 3 times.

A. Neck Stretches:

1. Keep your shoulders relaxed and dip your right ear toward your right shoulder. Hold for 15-30 seconds.
2. Slowly roll your chin along your chest until you reach the left side. Hold.
3. Repeat the stretch on the left side and continue to roll back and forth until the set is complete.

B. Lower Back Stretch:

1. Cross your right leg over your left and twist your upper body to the right, holding onto the arms or back of the chair to intensify the stretch.
2. Return to the starting position and repeat on the other side.
3. Sit in your chair with your back straight as your bend your body to the right side, extending your left arm over your head. Return to the starting position and repeat on the other side.

C. Shoulder Stretches:

1. Slowly roll your shoulders backward and forward in a continuous circular motion.
2. Repeat in the opposite direction rolling your shoulders forward and then backward in a continuous circular motion.
3. Bring your right arm across your chest and press gently on your elbow with your left hand.
4. Hold as you turn your head to the right. Return to the starting position and repeat on the other side.

STRENGTHENING

Perform 2 sets of 12 to 15 on each side.

A. Side Abdominal Touches:

1. Place your hands behind your head keeping your elbows wide.
2. Keep your back straight and slowly lower your right elbow toward the chair.
3. Slowly return to the starting position and repeat on the other side.

B. Elbow to Knee:

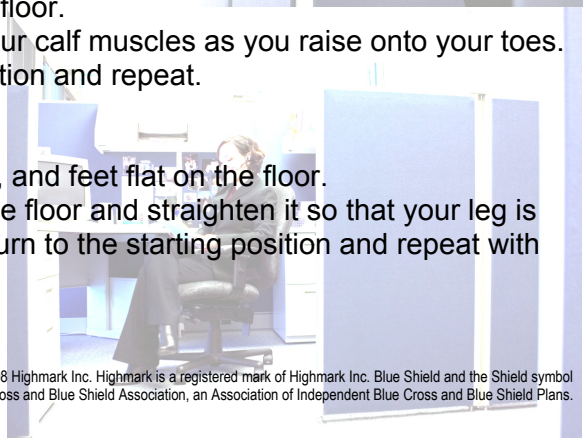
1. Place your hands behind your head and keep your elbows wide.
2. Lift your left leg off the floor and simultaneously bring your right elbow to meet your left knee in the center of your body.
3. Return to the starting position and repeat with the left elbow and right knee.

C. Calf Raises:

1. Sit in your chair with your back straight and feet flat on the floor.
2. Lift your heels off of the floor and concentrate on flexing your calf muscles as you raise onto your toes. Hold this position for 3 seconds. Return to the starting position and repeat.

D. Leg Extensions:

1. Sit in your chair with you back straight, hands on your hips, and feet flat on the floor.
2. Keep your knees together as you lift your right foot off of the floor and straighten it so that your leg is parallel with the floor. Hold this position for 3 seconds. Return to the starting position and repeat with the left leg.



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