Workstation Stretches

1. Stretch arms 10–20 seconds, 2 times

2. Stretch back 10–15 seconds

3. Stretch arms 8–10 seconds, each side

4. Stretch arms and back 15–20 seconds

5. Stretch shoulders 3–5 seconds, 3 times

6. Stretch arms 10–12 seconds, each arm

7. Stretch hands 10 seconds

8. Stretch hands 10 seconds

9. Stretch arms 8–10 seconds, each side

10. Stretch arms 8–10 seconds, each side

11. Stretch arms and back 10–15 seconds, 2 times

12. Stretch arms and back
    Shake out hands 8–10 seconds

13. Stretch back and hips 8–10 seconds, each side

14. Stretch back 15–20 seconds

15. Stretch back and shoulders 15–20 seconds