

Movement Break Exercises

Seated Work

 **GOAL:** Reduce Static Postures and Reinforce 'Big 3' Habits

Shoulder Rolls



Do ten (10) full range circular rolls backwards. Keep your arms relaxed at the side of your body and make the movements only with your shoulders. Keep head back with chin slightly tucked.

Anti-Slouch Stretch



Extend arms with thumbs pointing back. Squeeze shoulder blades together & down, while raising the crown of the head up. Keep chin tucked, don't look up. Hold for two (2) deep breaths. Repeat 2x.

Overhead Reach



Reach arms up over head as high as you can, and slightly behind your head, if comfortable. Keep chin tucked, don't look up. Take two (2) deep breaths then lower arms. Repeat 3x.

Hip Hinge



Bend your knees slightly and hinge forward, pushing buttocks back. Keep spine in its 3-curve alignment by lightly contracting your core. Keep weight back with knees behind toes. Repeat 15x.

Hamstring Stretch



Take a small step forward while keeping your weight on the back leg. Slightly bend the back knee and hip hinge while keeping the front leg straight. Take two (2) deep breaths. Repeat 2x each side.

Forearm Massage



Grasp forearm muscle with a firm grip and repeat rotational movements, as if throttling a motorcycle, to perform a deep tissue massage. Perform for 6-8 seconds, 2x each side.



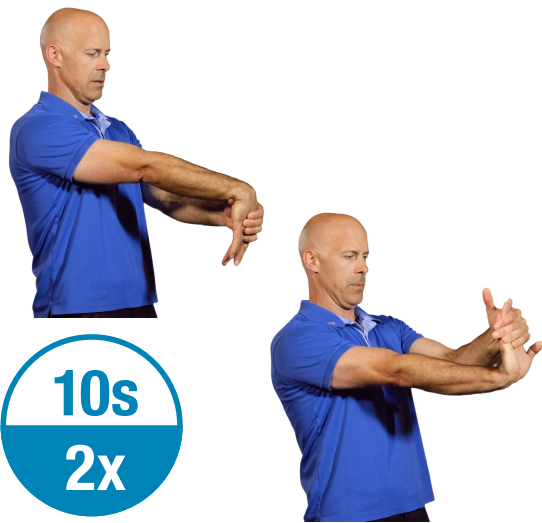
All movements should be slow and controlled with normal breathing. If you feel any pain or have any question about your ability to perform an exercise, stop and seek qualified advice from a medical professional.

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★ **GOAL:** Reduce Static Postures and Reinforce 'Big 3' Habits

Forearm Stretch



10s
2x

Hold one arm out, elbow straight, palm down. Press the back of the hand, bending wrist down and hold for two (2) deep breaths. Face palm forward; pull back the hand, bending wrist up and hold for two (2) deep breaths. Repeat 2x on each side.

Neck Stretch



10s
2x

Reach down with shoulders anchored. Tip ear to your shoulder for two (2) breaths. Without moving the head, look towards the ceiling for two (2) breaths. Then look down toward the armpit for two breaths. Repeat 2x each side.

Shoulder Hinge



10x

Place fingers behind your ears or on your shoulders. Bring your elbows together in front of your chin as far as you can, then open elbows wide and squeeze shoulder blades together. Repeat 10x.

Trunk Rotation



10s
2x

Step forward with arms crossed over chest, weight on front leg. Rotate trunk & shoulders towards front leg, keeping hips pointed forward. Take one (1) deep breath then turn back. Switch legs and repeat 3x on each side.

Hip Flexor Stretch



10s
2x

Take a comfortable stride stance with front knee slightly bent, and back leg straight. Reach high overhead and contract glutes on the back leg. Hold for two (2) deep breaths. Repeat 2x for each leg.

Side Bend Stretch



10s
3x

Stand with feet apart. Reach overhead and clasp your hands. Gently bend to the side. Hold for one (1) deep breath. Return to the middle then gently bend to the other side. Repeat 3x on each side.



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