

Try our seated stretching routine:



Flexibility circuit designed for people who sit for long periods of time



Neck stretch



Upper back stretch



Side stretch

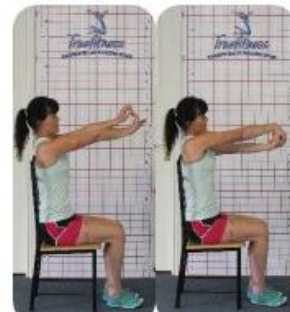


Lower back stretch

Hold each stretch to the point of tension (not pain) for 30 seconds



Chest stretch



Forearm stretch



Quad and hamstring stretch



Upper leg and glute stretch