

WORKSTATION EXERCISES

Stretches for back & legs

Back Exercise One

1. Interlace fingers and lift arms above head, keeping elbows straight.
2. Pressing arms back, slowly stretch to one side.
3. Hold for slow count of 10.
4. Repeat 3 – 5 times to each side.



Back Exercise Two

1. Hold right arm with left hand just above elbow.
2. Gently push elbow towards left shoulder until stretch is felt.
3. Hold for slow count of 10.
4. Repeat 3 – 5 times to each side

Back Exercise Three

1. Interlace fingers and lift arms above head.
2. Slowly lean backwards until stretch is felt.
3. Hold for slow count of 10.
4. Repeat 3 – 5 times.



Leg Stretch Exercise

1. Slowly lift one leg, straightening knee.
2. Hold for slow count of 10.
3. Repeat 3 – 5 times with each leg.

Ankle Stretch Exercise

1. Lift ankle clear of floor.
2. Alternately flex and extend ankle in a pumping action.
3. Repeat 10 times with each ankle.

