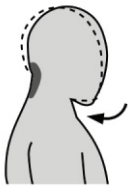
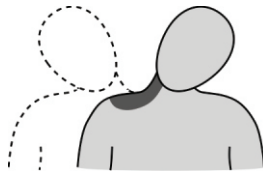


2-minute Office Exercises

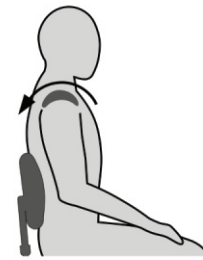
1 CHIN TUCK
3 sec, 3x



2 NECK STRETCH
5 sec, 2x



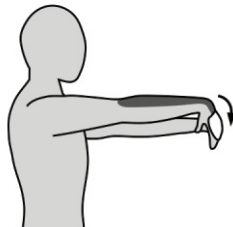
3 CIRCLE SHOULDERS
Repeat 3x



4 FOREARM & WRIST
3 sec, 3x each hand



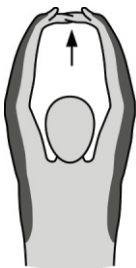
5 FOREARM & WRIST
3 sec, 3x each hand



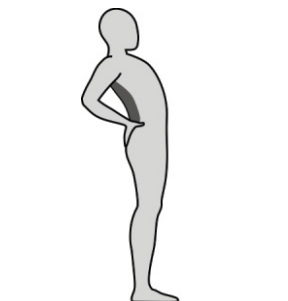
6 SHAKE HANDS & STRETCH FINGERS
Repeat 3x



7 BRIDGE STRETCH
3 sec, 3x each hand



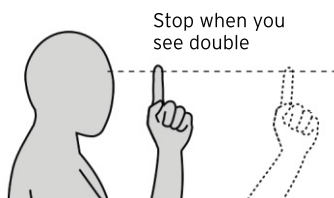
8 BACK EXTENSION
Repeat 3x



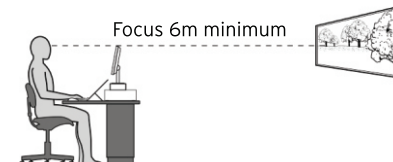
9 TRUNK TWIST
3 sec, 2x



10 EYE FOCUS EXERCISE
Repeat 3x



11 FOCUS ON AN OBJECT AT LEAST 6m AWAY
10 sec. Every 30 min



12 NOTES

- Stretch gently and do not push into pain. If you experience pain or discomfort, stop the exercise.
- Relax. Feel the stretch.
- Perform these exercises during your breaks or throughout the day whenever you feel tense.
- Most exercises can be performed sitting or standing.

Designed by BRS Consulting
Illustrations by Dupree Designs

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