



Quick-start Desk Exercise Guide

Tight Neck?



Breathing out, place your chin towards your chest while trying to simulate a “double chin”. From there swing your chin side to side across your chest to stretch the back and sides of your neck. Repeat 6-8 times.

Need to get the shoulders back?



Start with arms up and at a 90 degree angle, palms facing together. Inhale open the arms to feel the stretch in the chest and the connection in the upper back and shoulders. Exhale return to the start. Repeat 6-8 times.

Stiff back?



Start with two arms together in front of you. Inhale and slide your left hand along your right arm whilst gently rotating your spine to the left, until you get to the middle of your chest, then slide it back to the start.

Repeat 4-6 times each side.

*To add a little more, keep extending the arm out.

Need to get the whole body to reset?



Start standing tall with both arms by your side. Inhale to reach your left arm up and your right leg back, gently take your gaze to the ceiling to feel a full stretch in the front of your body. Exhale to return to the start.

Repeat 4-6 times on each side.



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*If you would like more info on how you can get more of this into your workplace. Email me at ben@alignedforlife.com.au