



TAKE A BREAK

Ten to 15 second
upper body stretches

1

For your arms and shoulders:

Grab one elbow and
pull towards your
shoulder. Switch sides.



15 seconds
each arm

15 seconds



2

For your arms and shoulders:

Interlace fingertips, flip
palms to face upwards
and straighten arms
above your head.

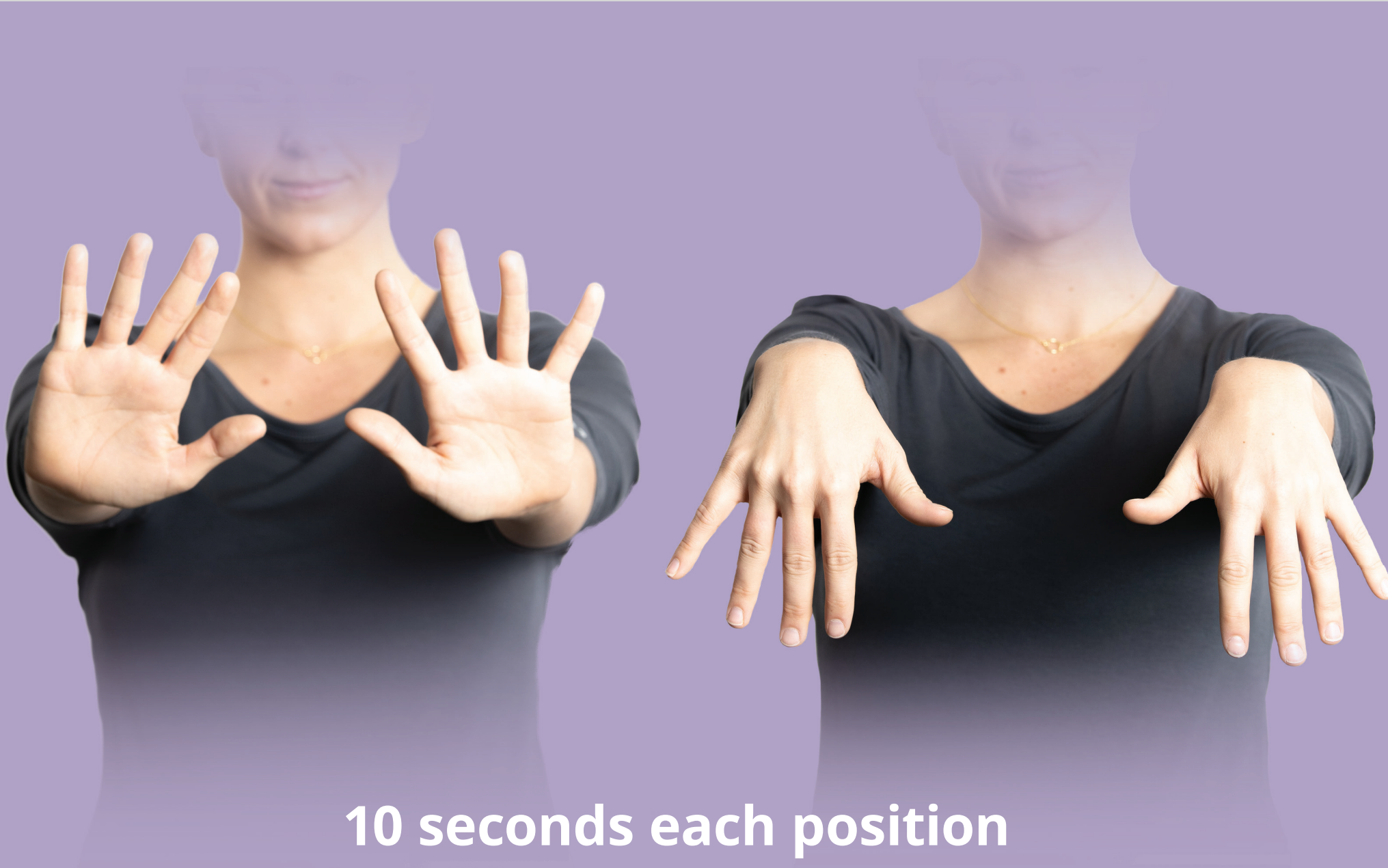
3

For your wrists:

Rotate from left
to right.



Rotate 10-15 times each direction



10 seconds each position

4

For your wrists:

Flatten palms against
an imaginary wall.
Switch directions and
point fingertips down.

5

For your hands:

Scrunch your fingertips
towards the palm of
your hand.



10 seconds
2 times

10 seconds
2 times



6

For your hands:

Pancake your palms while
extending your fingertips
outwards.