



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.

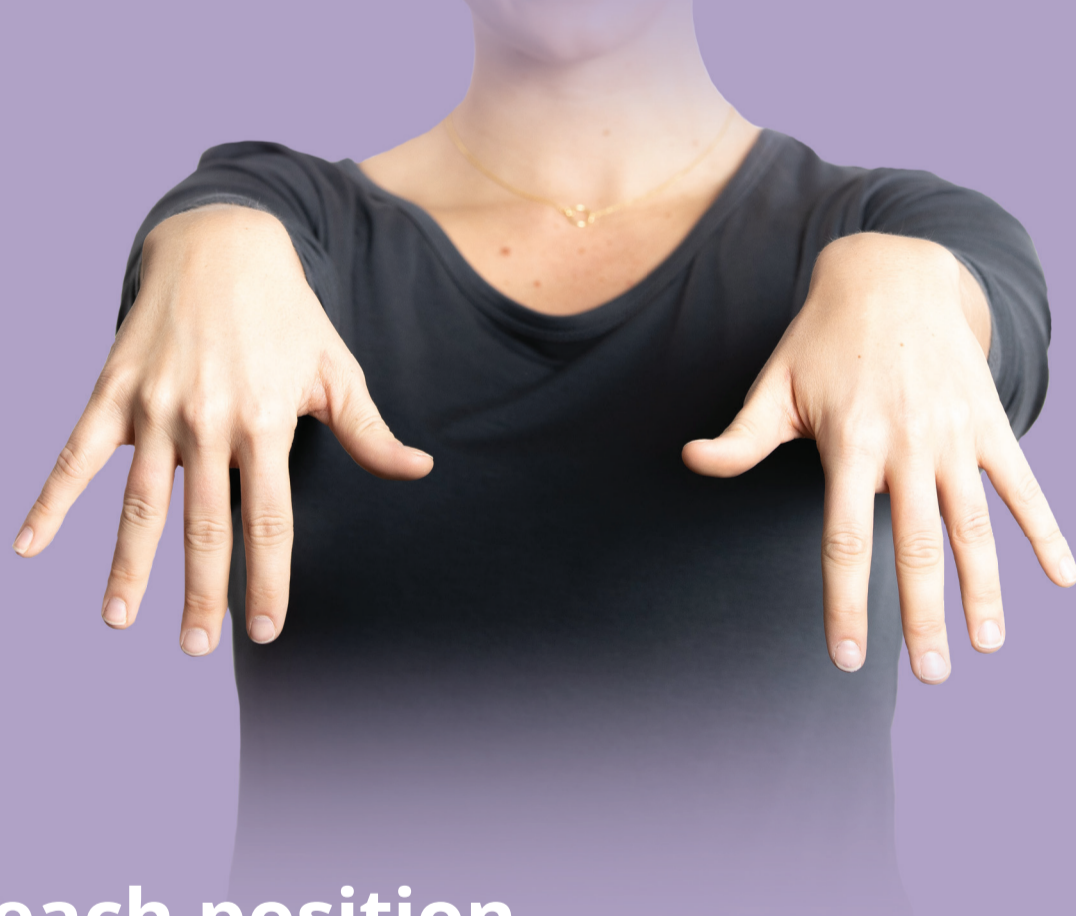
3

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.