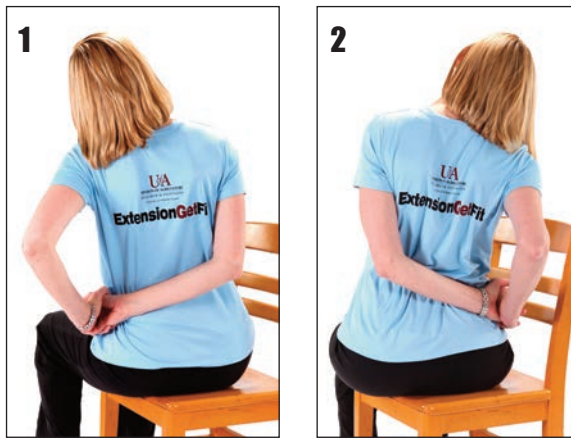


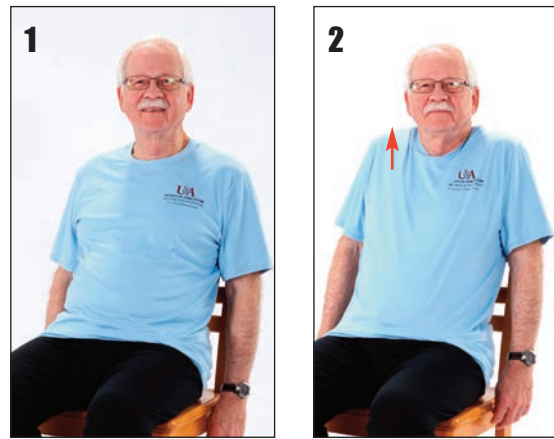
# DESKERCISE:

## Unfold, Extend and Relax

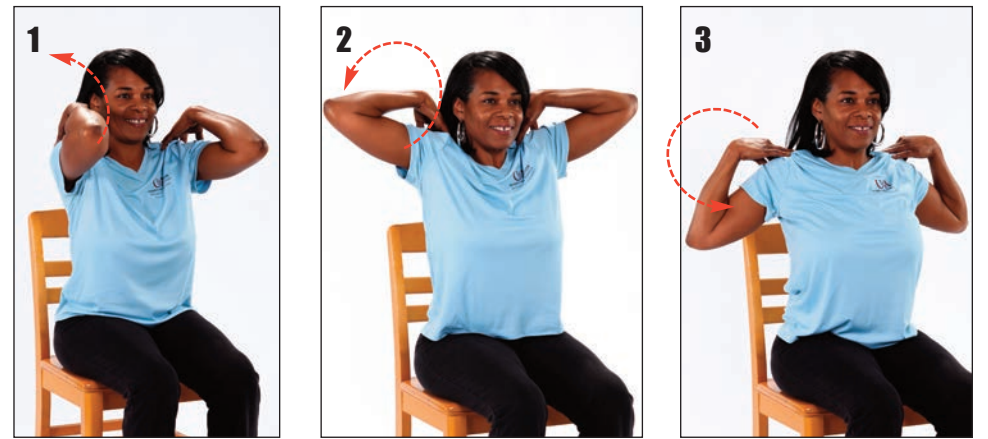
Lateral Neck Stretch



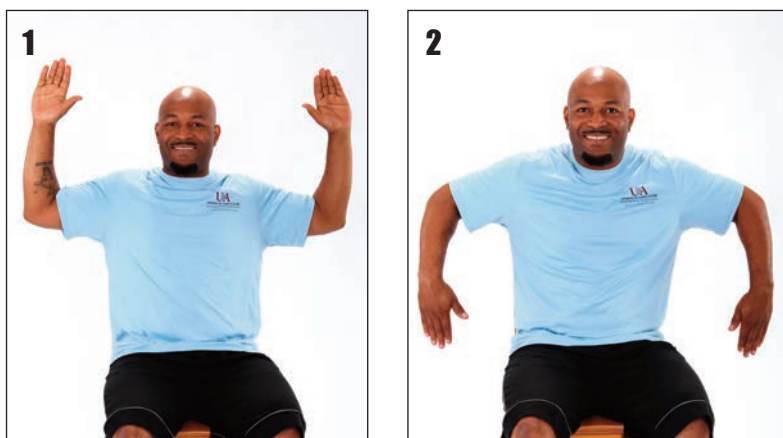
Shoulder Shrug



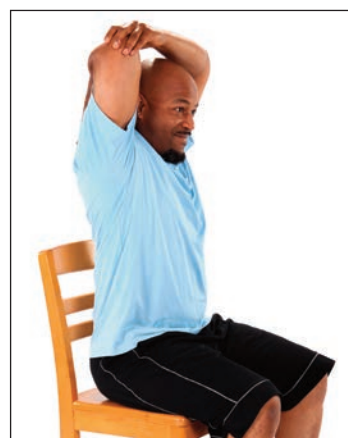
Shoulder Circles



Shoulder Rotation



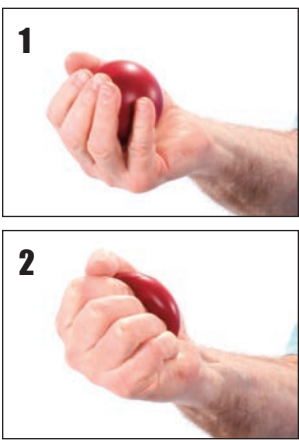
Triceps Stretch



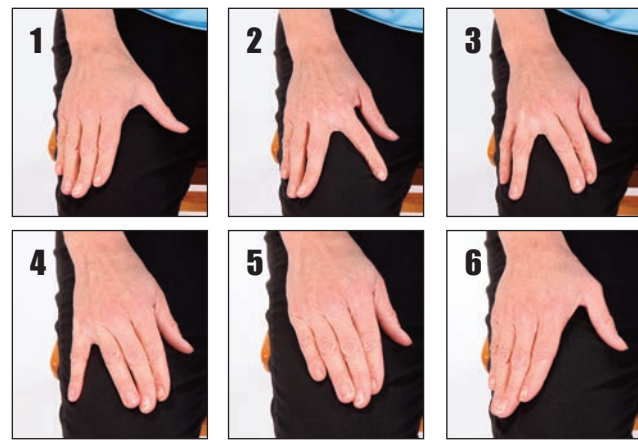
Thumb Bends



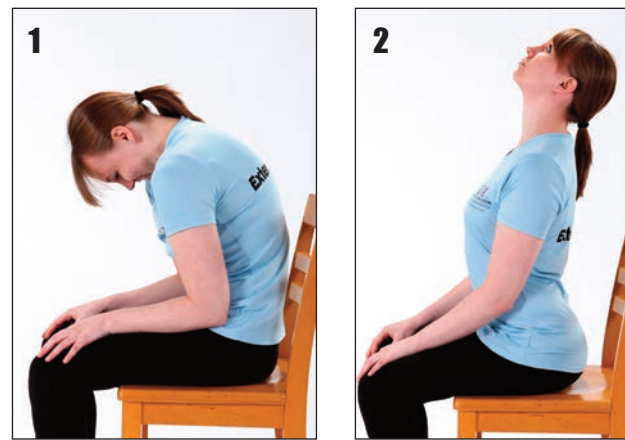
Fist Squeeze



Finger Walk



Seated Cat/Cow



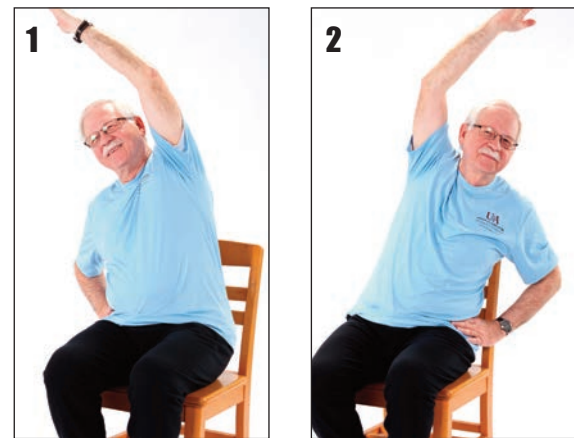
Chest Stretch



Upward Bound



Seated Lateral Stretch



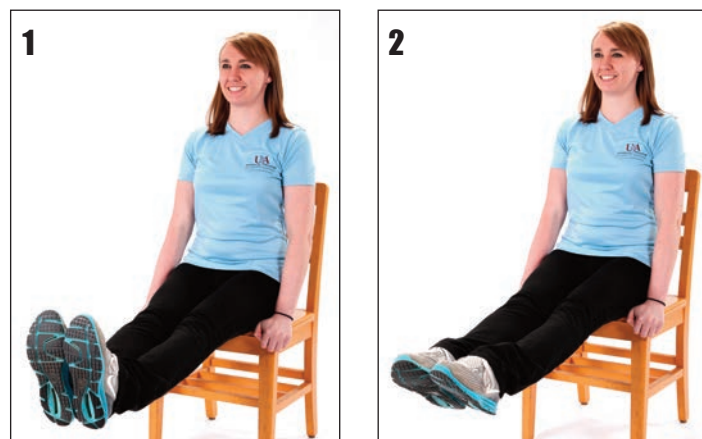
Hip Walk



Hamstring Stretch



Feet Flexion



Arch Stretch



Arch Roll

