

During long periods of inactivity, your muscles can become tense and sore. Try some of the following exercises, holding each stretch for 10 seconds



Sit with your back straight and feet firmly on the floor.

Pull your shoulder blades together while turning your thumbs and hands outwards.



Standing with hands clasped in front of you.

Lift both arms straight forward over your head. Separate your arms sideways and take them back down to the starting position.

Sit or stand. Place your hands behind your neck, elbows pointing forward.



Lift both arms straight forward over your head. Separate your arms sideways and take them back down to the starting position.

Sit on a chair with your legs apart.



Lift both arms straight forward over your head. Separate your arms sideways and take them back down to the starting position.



Stand straight with feet apart.

Support your back with your hands while bending your back as far backwards as possible. Keep your knees straight during the exercise.

PhysiApp code: dhueapzq

