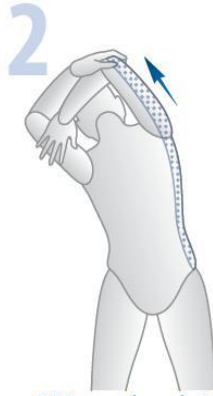


## OFFICE STRETCHES



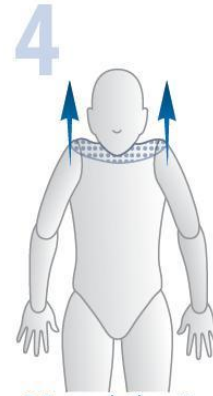
10-20 seconds, two times



8-10 seconds, each side



15-20 seconds



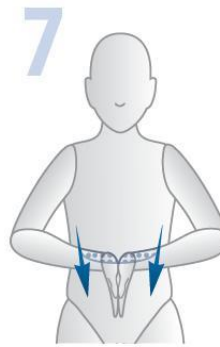
3-5 seconds, three times



10-12 seconds, each arm



10 seconds



10 seconds



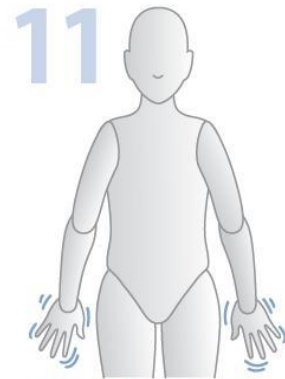
8-10 seconds, each side



8-10 seconds, each side



10-15 seconds, two times



Shake out hands, 8-10 seconds

