

LEARN HOW TO WORK OUT AT THE WORKPLACE

EASY DESK STRETCHES

YOU CAN BOOST YOUR ENERGY AND IMPROVE YOUR POSTURE
WHILE AT YOUR DESK WITH THESE EXERCISES.



CHAIR SQUATS

DESK EXERCISE 1



ARM STRETCH

DESK EXERCISE 2



WRIST AND FINGER STRETCH

DESK EXERCISE 3



ANKLE ROLL

DESK EXERCISE 4



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