

# Desk Stretches



Neck Stretch



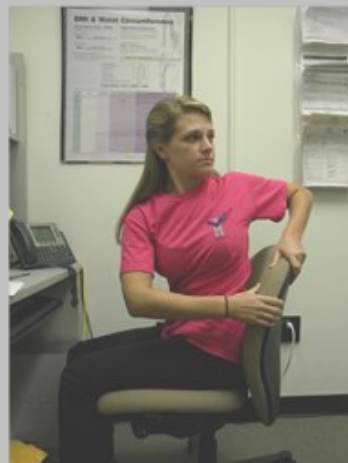
Shoulder Protraction



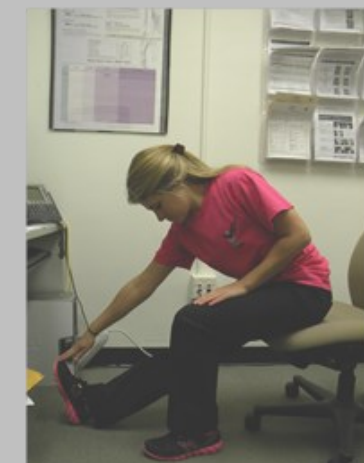
Shoulder Retraction



Shoulder Stretch



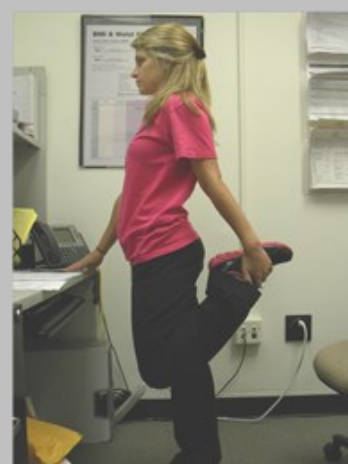
Torso Twist



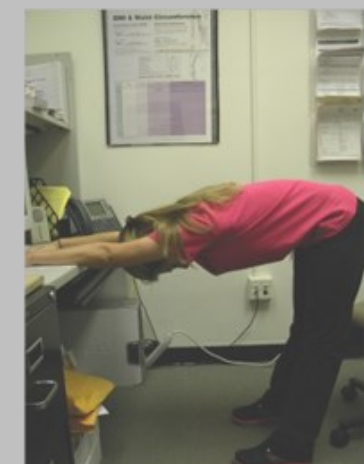
Toe Reach



Knee-to-Chest Stretch



Thigh Stretch



Bent 90 Hamstring Stretch