

Interrupt & Recover

Seated Work



★ **GOAL:** Recover from static positioning.

WHY?

Interrupting sedentary work with regular movement and recovery exercises increases and alertness; and reduces muscle tension, soreness and the potential for injury.



1 Release Tension



3x

Seated 'Why Me'

Spread your arms wide to the sides, thumbs pointing back. Keeping your head aligned with your torso, rock back in your chair and take a deep breath. Repeat three (3) times.

2 Mobilize Shoulders and Upper Back



10x

Shoulder Hinges

Bend your elbows and touch your hands to your shoulders or the side of your head. Touch your elbows together in front of you then open elbows as much as possible while keeping your head still. Repeat ten (10) times.

3 Release Tension



20s
2x

Seated Figure 4

Sit upright and rest right ankle across left knee. Hinge forward slightly and gently press right knee towards the floor.



If you experience any pain with these exercises or have any questions about your ability to perform an exercise, check with your doctor.

Give your body what it needs today...and still get your work done.

info@movesafe.com