

OFFICE STRETCHING

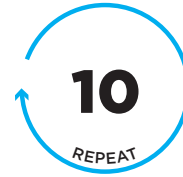
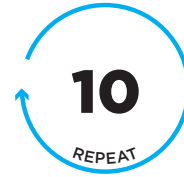
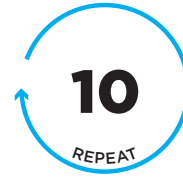


Rozelle Interchange
WestConnex

JOHN HOLLAND | CPB CONTRACTORS

CHIN TUCK

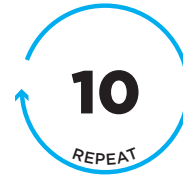
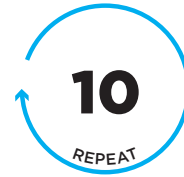
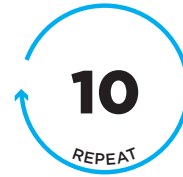
1. Sit or stand with your back and neck in a straight position.
2. Tuck your chin in to make a double chin. You should feel a mild to moderate stretch.
3. Hold for 2 seconds.
4. Perform 10 repetitions.
5. Do this 3 times throughout the day.



SCAPULA SQUEEZES

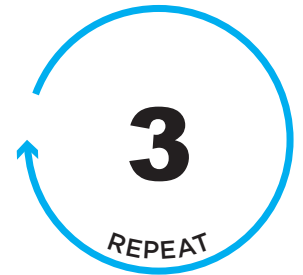
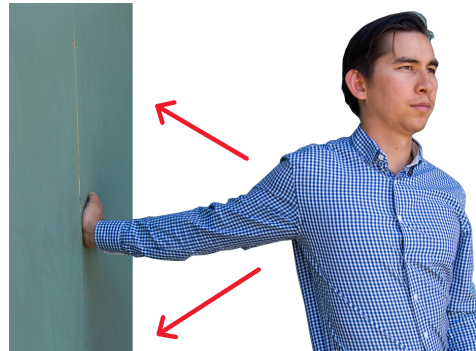
(Shoulder blades)

1. Sit on your chair in an upright position.
2. Pull your shoulder blades together and hold for 3 seconds. Relax the shoulders and return to a neutral position.
3. Perform 10 repetitions.
4. Do this 3 times throughout the day.



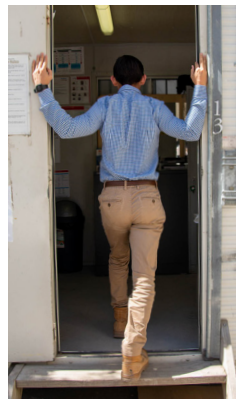
WALL CHEST STRETCH

1. Stand at the end of a wall or in a doorway.
2. Bring the right arm up to shoulder height and position the palm and inside of the arm on the wall surface or doorway.
3. Gently rotate your torso to the left to feel the stretch in your chest and shoulder.
4. Moving the arm higher or lower will allow you to stretch different areas of the chest.
5. Hold for 30-40 seconds before repeating on the other side.
6. Perform 3 sets of stretches on each side of the body.



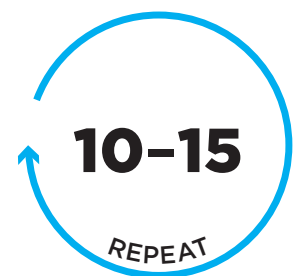
DOORWAY CHEST STRETCH

1. Stand in a doorway and raise your arms to 90 degrees as per the picture. Your elbows should be supported against the frame.
2. Step through the doorway and you should feel the stretch in your shoulders and chest.
3. Hold for 30-40 seconds.
4. Perform 3 repetitions.



LUMBAR EXTENSION

1. Place both hands on lower back.
2. Lean backwards as far as comfortable.
3. Hold position for one to two seconds.
4. Return to a neutral position.
5. Slowly repeat 10-15 times.



These exercises will improve your posture and stretch tight muscles. Only perform each stretch as far as comfortable, you should not feel pain.