

Mini-workout per chi sta tanto seduto



RETRACTION / CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders.

Repeat 10 Times
Complete 2 Sets

Hold 1 Second
Perform 3 Times a Day



CERVICAL SIDE BEND

Tilt your head towards the side, then return back to looking straight ahead. (Be sure to keep your eyes and nose pointed straight ahead the entire time)

Repeat 10 Times
Complete 1 Set

Hold 1 Second
Perform 3 Times a Day



Side Bend with arm

Sitting with elbows bent and hands on head, bend at the side and lean. Upper arm reaches overhead to add to the stretch. Return to start position and repeat on other side.

Repeat 10 Times
Complete 2 Sets

Perform 2 Times a Day



SQUAT - CHAIR AS GUIDE

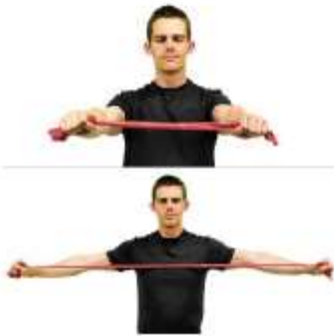
While standing with feet shoulder width apart and in front of a chair that is facing you, bend your knees and lower your body towards the floor. The chair seat is a guide so that your knees do not pass over your toes.

Your body weight should mostly be directed through the heels of your feet. Return to a standing position.

Knees should bend in line with the 2nd toe and not pass beyond the toes.

Repeat 15 Times
Complete 3 Sets

Hold 3 Seconds
Perform 3 Times a Day



ELASTIC BAND BILATERAL HORIZONTAL ABDUCTION

While holding an elastic band with your elbows straight and in front of your body, pull your arms apart and towards the side.

Repeat 10 Times
Complete 2 Sets

Hold 2 Seconds
Perform 1 Times a Day



SERRATUS WALL SLIDE - ELASTIC BAND

Place an elastic band around your arms at the level of your wrists as shown. Next, place your forearms and hands along a wall so that your elbows are bent and your arms point towards the ceiling.

Then, protract your shoulder blades forward and then slide your arms up the wall as shown.

Return to the original position and repeat.

Repeat 10 Times
Complete 2 Sets

Hold 2 Seconds
Perform 3 Times a Day



TABLE PLANK PLUS

Start in a push up position on your hands and leaning up against a table or counter top as shown. Maintain this position as you protract your shoulder blades forward to raise your body upward a few inches. Then, return to original position.

Repeat 10 Times
Complete 2 Sets

Hold 2 Seconds
Perform 2 Times a Day

Prendi delle pause, quando siedi al PC per tante ore ed esegui gli esercizi. Ritornerai al lavoro più pronto.