

WORKDAY STRETCHES

Spending your days at a desk? Use these stretches to improve your lower leg circulation and stretch your hips and spine. You'll find they relieve tension, improve posture, and increase energy levels.

TRIGGER POINT - CALF

SEATED WITH KNEE

- A** Sit on a chair with one foot flat on the ground. Cross your opposite leg over the grounded leg and apply pressure with your knee onto your calf.
- B** Adjust your knee until you find a sore spot and hold pressure.
- C** Holding pressure on this spot, pull your toes toward your shin and away.
- D** Readjust your position and repeat the movement on any other sore spots you find.
- E** Complete the set on one side before repeating on the other leg.



EXOS

CALF STRETCH

STRAIGHT LEG

- A** In a standing position, place your hands on a desk for support.
- B** Maintaining a straight line from your hips to your head, apply a downward force with your hands into the desk and shift your front knee forward toward the desk while keeping your back knee straight.
- C** Shift back to the starting position and repeat the movement for the desired number of repetitions.



FEEL IT
Stretching your **glutes, groin, hamstrings, and quads.**

EXOS

OVERHEAD REACH TO LATERAL FLEXION

SEATED

- A** Sit with your hands clasped above your head.
- B** Laterally flex your spine, crunching your elbow down toward the ground.
- C** Reverse the crunch and return to the starting position.
- D** Complete the set on one side before repeating on the opposite side.



COACHING TIP
Be sure to keep your arms straight and shoulders relaxed.

EXOS

PIRIFORMIS STRETCH

SEATED WITH LEGS CROSSED

- A** Sit with one foot on the ground and the other placed across your opposite knee.
- B** Bend forward at your waist, lowering your chest to the ground.
- C** Hold this position for the prescribed time.
- D** Complete the set on one side before repeating on the opposite side.



COACHING TIP
Keep your chest up throughout the movement.

EXOS

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CALF STRETCH

**TRIGGER POINT -
CALF**

**PIRIFORMIS
STRETCH**

**OVERHEAD REACH TO
LATERAL FLEXION**