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5-MINUTE DESK

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# STRETCH BREAK

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SAN MATEO  
ATHLETIC CLUB  
AT  
COLLEGE OF SAN MATEO

PROVIDING THE  
**EXOS**<sup>®</sup>  
EXPERIENCE

# EASE YOUR NECK AND SHOULDERS

Start by relieving tension in your neck and shoulders. This stretch will alleviate neck and shoulder fatigue, help reduce stress and stress headaches, and improve your posture.



STEP 1



STEP 2



STEP 3

## NECK FLEXIBILITY

### LATERAL FLEXION WITH RESISTANCE (ARM BEHIND BACK)

01. Stand or sit tall maintaining a straight line between your ears, shoulders, and hips.
02. Place one hand behind your back and relax your shoulders.
03. Gently bend your neck to the opposite side as far as comfortable, bringing your ear toward your shoulder.
04. Place your free hand on the same side of your head. Without changing your neck position, continue the bending motion by gently pushing your head into your hand for two seconds.
05. Exhale, relax, and let your head gently bend a bit further. Hold for two seconds.
06. Relax and return to the starting position.
07. Complete the set on one side before repeating on the opposite side with the opposite arm behind the back.

**Coaching tip:** Don't force the motion of the neck.

# LOOSEN YOUR FINGERS AND HANDS

Been typing up a storm? These stretches relieve stiffness and reduces aches and pains in your fingers and hands.

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**HAND**

## HOOK FIST

01. Start with your fingers straight and together.
02. Keeping the knuckles where your fingers meet your hand straight, bend the last two knuckles of each finger and hold for two seconds.
03. Relax and return to the starting position.
04. Complete the set with one hand before repeating with the opposite hand.



**HAND**

## FLAT FIST

01. Start with your fingers straight and together.
02. Keeping the fingertips straight, bend your hand into a fist and hold for two seconds.
03. Relax and return to the starting position.
04. Complete the set with one hand before repeating with the opposite hand.



**HAND**

## FULL FIST

01. Start with your fingers straight and together.
02. Bend your hand into a full fist, wrap your thumb around your fingers, and hold for two seconds.
03. Relax and return to the starting position.
04. Complete the set with one hand before repeating with the opposite hand.

# LOOSEN YOUR HIPS

Sitting for long periods can make your hips stiff and contribute to low back pain. This stretch relieve hip tightness, reduces low back tension, and improves posture.

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STEP 1



## QUAD/HIP FLEXOR STRETCH

### SEATED WITH LATERAL FLEXION

01. Slide to the edge of your chair and rotate 90 degrees. The inside leg should be forward and that glute still on the chair. Essentially, you're in a half-kneeling position with your inside leg glute still on the chair.
02. Lean slightly forward with your torso, tighten your stomach, and contract the glute of your back leg.
03. Maintaining this position, shift your entire body slightly forward.
04. Reach the hand of your kneeling leg overhead and toward the opposite shoulder.
05. Straighten your torso and return to the starting position.
06. Complete the set on one side before repeating with the other leg.

**Coaching tip: Don't allow your back to arch excessively.**

STEP 2



# OPEN UP YOUR POSTURE

Slumped in your desk chair? This stretch helps reverse hunched or rounded shoulders, relieves tension in the upper back and shoulders, and helps you breathe easy.



## PEC STRETCH

### AT 90' (DESK)

01. Sit perpendicular to a desk and bend at the hips with one elbow bent at 90 degrees resting on top of the desk.
02. Placing your other hand behind your head, drop your chest toward the ground and rotate away from the desk until you feel a gentle stretch in your chest.
03. Exhale and hold the stretch for two seconds.
04. Return to the starting position.
05. Complete the set on one side before repeating with the opposite arm.

Feel it: Stretching your chest.



# RESET YOUR UPPER BACK AND SHOULDERS

Try this after a stressful meeting. This stretch relieves tension in the upper back and shoulders, helps reduce stress headaches, improves posture and air circulation in your lungs, and increases energy levels.

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## THORACIC ROTATION

### SEATED

01. Sit in a chair with one hand behind your head and the other outstretched in front of you on a desk.
02. Inhale as you lift your bent elbow toward the ceiling by rotating your chest and shoulders.
03. Exhale and hold for two seconds.
04. Relax and return to the starting position.
05. Complete the set on one side before repeating on the other side.

Feel it: Stretching your torso and middle and upper back.



# STRETCH YOUR HIPS AND SPINE

Take a break from emails. This stretch relieves tension in your hips and spine, improves posture, and increases energy levels.

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STEP 1

90/90

## SEATED WITH LEGS CROSSED (ROTATION)

01. Sit with your feet flat on the ground, your right hand behind your head, and your left hand on your opposite knee with your palm facing in.
02. Cross your right leg over your left.
03. Rotate your chest and right arm back to the right, trying to look directly behind you. Hold for two seconds.
04. Reverse directions to return to the starting position.
05. Complete the set on one side before repeating on the other side.

Feel it: Stretching your torso and middle and upper back.



STEP 2



STEP 3

# IMPROVE CIRCULATION IN YOUR FOREARMS

Give your arms some relief. This stretch relieves tension in the wrists and forearms, increases blood flow and circulation, reduces stress, and decreases aches and pains.

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## WRIST STRETCH

### BENT OVER EXTENSION (DESK)

01. Stand with your palms on a desk and your fingers pointed toward you.
02. Extend your wrist as if you're trying to push your palms through the desk.
03. Relax and return to the starting position.
04. Continue for the full set.

Feel it: [Stretching your forearms.](#)

# GET AN ENERGY BOOST WITH BETTER POSTURE

Better posture can improve your mood. This stretch improves flexibility in your upper back and torso, increases energy levels, and improves posture.

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STEP 1

## OVERHEAD REACH

### LATERAL FLEXION

01. Stand with your feet shoulder-width apart and your hands clasped above your head, reaching as high as you can.
02. Laterally flex your spine, reaching up and over your head toward your opposite shoulder.
03. Reverse the movement and return to the starting position.
04. Complete the set on one side before repeating on the other side.

**Coaching tip:** Keep your chest up throughout the movement.



STEP 2



STEP 3

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