

# 30-DAY DESK STRETCHING PLAN

<p><i>Day 1</i></p>  <p><b>NECK TILT</b> Gently tilt head to one side, hold, switch.</p>	<p><i>Day 2</i></p>  <p><b>SHOULDER ROLLS</b> Roll shoulders forward and back.</p>	<p><i>Day 3</i></p>  <p><b>WRIST CIRCLES</b> Rotate both wrists slowly.</p>	<p><i>Day 4</i></p>  <p><b>SEATED SIDE BEND</b> One arm overhead, lean sideways.</p>
<p><i>Day 5</i></p>  <p><b>SEATED SPINAL TWIST</b> Hand on opposite thigh, twist gently.</p>	<p><i>Day 6</i></p>  <p><b>CHIN TO CHEST</b> Lower chin, feel neck stretch.</p>	<p><i>Day 7</i></p>  <p><b>UPPER BACK STRETCH</b> Hands forward, round upper back.</p>	<p><i>Day 8</i></p>  <p><b>CHEST OPENER</b> Hands behind chair, open chest.</p>
<p><i>Day 9</i></p>  <p><b>SEATED FORWARD FOLD</b> Lean forward, relax neck.</p>	<p><i>Day 10</i></p>  <p><b>ANKLE ROLLS</b> Lift foot, rotate ankle.</p>	<p><i>Day 11</i></p>  <p><b>HAMSTRING STRETCH</b> Extend one leg, lean forward.</p>	<p><i>Day 12</i></p>  <p><b>SEATED FIGURE-4</b> Ankle on knee, lean forward.</p>
<p><i>Day 13</i></p>  <p><b>TRICEPS STRETCH</b> Arm overhead, bend elbow.</p>	<p><i>Day 14</i></p>  <p><b>SIDE REACH TWIST</b> Reach arm across body with twist.</p>	<p><i>Day 15</i></p>  <p><b>STANDING CALF STRETCH</b> One foot back, press heel down.</p>	<p><i>Day 16</i></p>  <p><b>STANDING QUAD STRETCH</b> Hold ankle, bring heel to glute.</p>

# How To Use Home Workout Usa For Workers

**A Loxley**



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