WorkOutConnect: Try This Workout

Office Stretch: Total Body Sessions: Session 1

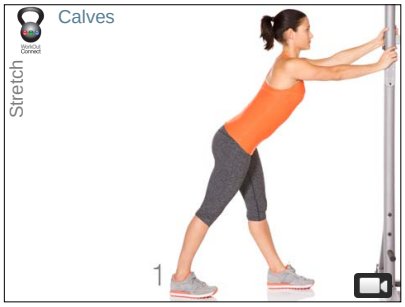
Neil Earey

Intensity

- Perform each stretch 3 times
- Gently ease into position
- Hold for 10 seconds
- Do not go beyond your limit

Perform each stretch three times.
Gently ease into the stretch, slowly going as far as you can without causing discomfort or pain. Be careful not to go beyond your limit and avoid bouncing up and down or jerky movements. Hold each stretch for up to 10 seconds. Be sure to breathe normally, do not hold your breath.

Calves



• Stand upright, bracing yourself against a wall or solid support with your back leg straight and your front leg slightly bent at the knee.
1 - Keeping your back foot flat on the floor, lean your weight forward and push into your back heel.
• Perform on one side, then switch to the other side.
Alternate sides with each rep.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

Hamstrings

1 - Stand upright with your arms by your sides.
2 - Bend forward at the waist, lowering your hands toward the floor, or as far down as possible.
• Keep your legs straight and do not bounce.

Sets	Reps	Weight	Notes
1			
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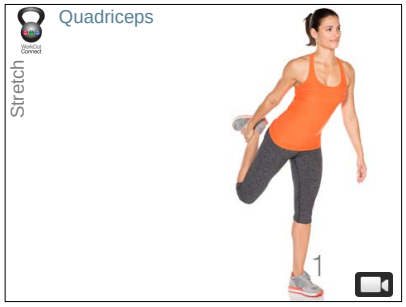
Quadriceps



• Stand upright on one leg, bending the other knee and bringing your heel to your buttocks.
1 - Grasp your foot with one hand and gently pull it further towards your buttocks for a deeper stretch.
• Hold onto something stable to maintain your balance if necessary.
• Perform on one side, then

Sets	Reps	Weight	Notes
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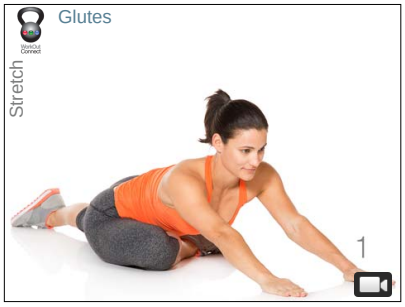
Glutes



• Sit on the floor with one leg out in front, bent at the knee and the other leg straight out behind with your hands on the floor beside your front leg.
1 - Lean your upper body forward, gently pushing your hip into floor.
• Perform on one side, then switch to the other side.
Alternate sides with each rep.

Sets	Reps	Weight	Notes
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Glutes

1 - Sit upright with one ankle on the bent knee of the opposite leg and your hands on your hips.
2 - Gently lean your upper body forward, dropping your chest toward your knee.
• Perform on one side, then switch to the other side.
Alternate sides with each rep.

Sets	Reps	Weight	Notes
1			
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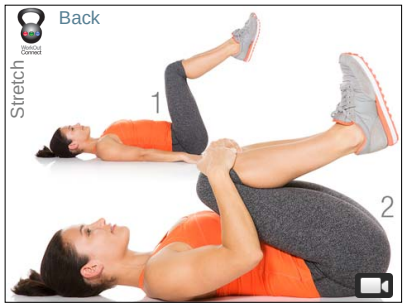
6			

Back



1 - Lie on your back with your feet up and your knees bent at 90 degrees holding behind your knees.
2 - Gently pull your knees to your chest, allowing your lower back to round slightly.

Sets	Reps	Weight	Notes
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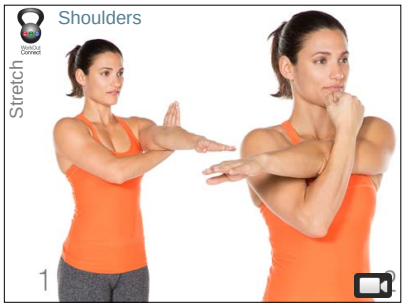
Shoulders



1 - Stand upright with one arm at shoulder height, bent across the front of your neck.
2 - Place your other hand on the elbow of the bent arm and gently pull this arm straight across your body.
• Perform on one side, then switch to the other side.
Alternate sides with each rep.

Sets	Reps	Weight	Notes
1			
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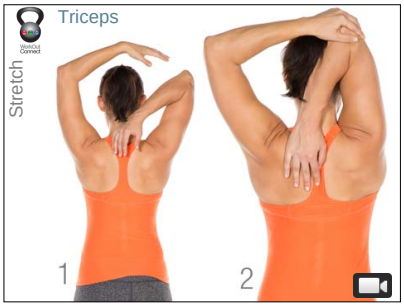

1 - Stand or sit upright with one arm behind your head, bent at the elbow and the other hand on this bent elbow.
2 - Gently pull the arm across and down, lowering your hand to touch your upper back.
• Perform on one side, then switch to the other side. Alternate sides with each rep.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

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