DESKERCISE: Unfold, Extend and Relax

Lateral Neck Stretch
Shoulder Shrug
Shoulder Circles

Shoulder Rotation
Triceps Stretch
Thumb Bends

Fist Squeeze
Finger Walk
Seated Cat/Cow
Chest Stretch

Upward Bound
Seated Lateral Stretch
Hip Walk

Hamstring Stretch
Feet Flexion
Arch Stretch
Arch Roll

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