

11 STRETCHES EVERYONE WHO SITS AT A DESK SHOULD BE DOING



LET'S GET STRETCHY

SO HERE'S THE DEAL...

You're at work. And in the car. And on the couch.

A lot.

(Like a *lot* a lot).

And this means you're sitting a lot.

And it's cool. We are too.

But all that sitting can make you stiff in the hips, neck, and shoulders – and when you want to undo that tightness, it's good to know how.

In these pages, you'll find 11 stretches that will help, keeping you limber and ready for whatever life throws at you next.*

Just follow them in order for a complete full-body stretch session, or pick 2 or 3 for a quick session, targeting your problem areas.

*Prior to performing any stretching, please consult your physician to ensure you are medically cleared to pursue such activities.

The Whole Life Challenge makes no representations or warranties as to the appropriateness of these stretches for any individual, and no medical advice is intended by the contents of this book.



SAMSON STRETCH



INSTRUCTIONS | DIFFICULTY: EASY

QUICK START

Do once per day, holding for a total of 2 minutes per side

PERFORMANCE

Keep the abdominals and low back engaged, work on pushing hips forward.

TARGET

Major hip flexors (rectus femoris, psoas)

COBRA POSE



INSTRUCTIONS | DIFFICULTY: MEDIUM

QUICK START

Do once per day, holding for a total of 1 minute

PERFORMANCE

Start in the bottom of a push-up. Leaving hips down, push arms to extension

TARGET

Major hip flexors (rectus femoris, psoas), abdominals

PIGEON POSE



INSTRUCTIONS | DIFFICULTY: HIGH

QUICK START

Do once per day, holding for a total of 2 minutes per side

PERFORMANCE

Begin in an upright position. Bring the chest toward the floor as you become more advanced.

TARGET

Butt (gluteus maximus), hamstrings (biceps femoris)

CHILD'S POSE



INSTRUCTIONS | DIFFICULTY: EASY

QUICK START

Do three times per week, holding for a total of 1-2 minutes

PERFORMANCE

From kneeling, reach out in front of you, pulling back slightly against the ground to open the shoulders and upper back.

TARGET

Back (erector spinae, latissimus dorsi), shoulders (rotator cuff, rear deltoid)

DOWN DOG POSE



INSTRUCTIONS | DIFFICULTY: MEDIUM

QUICK START

Do once per day, holding for a total of 3 minutes

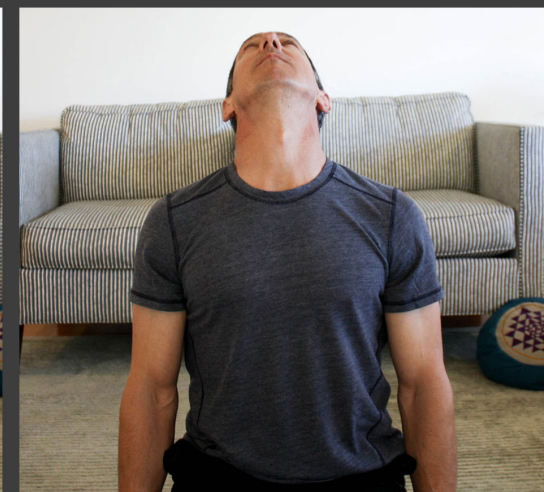
PERFORMANCE

Keep arms locked out, collarbone spread. Bend knees if necessary to maintain position.

TARGET

Back (erector spinae, latissimus dorsi), butt (gluteus maximus), hamstrings (biceps femoris), calves (gastrocnemius, soleus)

NECK CIRCLES



INSTRUCTIONS | DIFFICULTY: EASY

QUICK START

Do once per day for a total of 1-2 minutes

PERFORMANCE

Rotate your neck in all directions, both clockwise and counterclockwise. Keep shoulders depressed.

TARGET

Neck (scalenes, trapezius, levator scapulae, etc.)

SHIN ON WALL STRETCH



INSTRUCTIONS | DIFFICULTY: HIGH

QUICK START

Do once per day, holding for a total of 2 minutes per side

PERFORMANCE

Place rear knee flush with vertical surface. Concentrate on activating the glutes to push the hip open. Should feel stretch in the front of the leg and hip.

TARGET

Major Hip flexors (rectus femoris, psoas), abdominals

ASSISTED SQUAT



INSTRUCTIONS | DIFFICULTY: MEDIUM

QUICK START

Do once per day, holding for a total of 2 minutes

PERFORMANCE

Keep heels down and knees pushing out away from the midline. Go as deep as possible, using a vertical surface for support.

TARGET

Full body

ANTERIOR TWISTING PEC STRETCH



INSTRUCTIONS | DIFFICULTY: MEDIUM

QUICK START

Do three times per week, holding for a total of 2 minutes each side

PERFORMANCE

Keep shoulder in contact with the ground, pressing with the opposite hand for additional leverage.

TARGET

Chest (pectoralis major/minor), anterior shoulders (deltoids)

SUPINE BRIDGE



INSTRUCTIONS | DIFFICULTY: HIGH

QUICK START

Do once per day, holding for a total of 2 minutes

PERFORMANCE

Simultaneously press hips and chest toward the ceiling, with hands and feet flat on floor.

TARGET

Chest (pectoralis major/minor), anterior shoulders (deltoids), major hip flexors (rectus femoris, psoas), abdominals

SHOULDER CIRCLES



INSTRUCTIONS | DIFFICULTY: EASY

QUICK START

Do once per day for a total of 1-2 minutes

PERFORMANCE

Push the shoulder to the limits of your range of motion in each direction – up, down, forward, and back.

TARGET

Shoulders (deltoids, rotator cuff), neck (scalenes, trapezius, levator scapulae, etc.)

ABOUT

With just a nudge (and a little bit of effort), you can have the life you want – happy, healthy, active, energetic, and connected.



ABOUT THE CHALLENGE

The Whole Life Challenge is a 6-week health and wellness game that focuses on The 7 Daily Habits.

THE 7 DAILY HABITS

Throughout the Challenge, you'll practice the habits every day – Nutrition, Exercise, Mobility, Sleep, Hydration, Well-Being, and Reflection – with the ultimate goal of incorporating them into your life. They'll work together to help you become happier and healthier.

WANT TO PLAY?

You can register to play the next Whole Life Challenge here:

<https://www.wholelifechallenge.com/join-the-challenge/>

LET'S CONNECT

We use social media to share our popular blog posts, motivational quotes, and information on the upcoming Challenge!

Connect to get your daily dose of inspiration and motivation.



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