



BACK 2  
BASICS

# WORKPLACE EXERCISE



5 min



1  
STRETCHING



2  
NECK FLEXION



3  
ARMS ROTATION



4  
BODY ROTATION AND ARM  
BENDING



8  
CHEST STRETCHING



7  
TRUNK ROTATION



6  
FLEXION AND EXTENSION OF THE TORSO



5  
TRUNK LATERAL FLEXION



9  
THIGH FLEXION



10  
CHEST HIGH KNEES



11  
STRETCHING AND RELEASING YOUR ARMS

