

Quick and Simple stretching routines for desk workers and drivers:

*Run threv all stretches listed down below, hold each stretch for 30 seconds - 1 Minute. Rest as needed, don't forget to switch sides when applicable.*

## **Office Stretches and Exercises**



*Glutes & Lower Back*



*Back*



*Legs*



*Glutes & Abductors*



*Glutes & Abductors*



*Back & Lateral*



*Shoulder & Upper Back*



*Calves Stretch*



*Neck*



*Triceps Dip*



*Chest Expansion*



*Oblique*



*Tricep*



*Shoulder Shrug*



*Back & Shoulder*

### **Stretching improves flexibility**

If you want a flexible body, then stretching is the way to go. It will enhance your bodies all round improvement and it is always recommended that some stretching exercises be included in any workout regime.

### **Stretching improves circulation**

Stretching exercises improve the flow of blood around your body. Improving your circulation means that more blood and oxygen are reaching your muscles and your brain. This can help avoid injuries in a workout and it's also why it feels so good when we stretch first thing in the morning.

### **If you feel pain then you've gone too far**

When you stretch, you should feel the strain, but not feel pain. Some soreness after stretching is normal but, if you are feeling any real pain, then you are stretching too hard.

### **Stretching before a workout will not stop muscle soreness**

Stretching before you exercise will help to warm you up, make you more flexible and improve your balance, but it won't actually stop your muscles from feeling sore after a workout. Studies have shown that no amount stretching reduces muscle soreness, that's just something that we have to live with!

### **Keep stretching balanced**

When you stretch, remember to stretch both sides of your body, to keep things balanced. If you stretch your left arm, then stretch your right arm as well, and so on. Also, remember to stretch the muscles that will be used in a workout. For example, if you are preparing for a run, then do a few squats or lunges.

### **Too much stretching can decrease your performance**

The best type of stretching to do before a workout is called dynamic stretching. These are stretches that include movement in them, like squats, lunges and burpees. Too much static stretching has been shown to actually decrease physical performance.

### **You need to warm up before you stretch**

Some people think that stretching is a way of warming up, but this is completely wrong. Stretching cold muscles can cause tears in the muscles. You should have a gentle warm up, before you do any stretching exercises at all.

### **Add stretching to your everyday routine**

Stretching is not only useful in the gym, it can be useful to stretch through the day. Many people spend a lot of time sitting down during the day, and standing up to do a few stretches every hour or so, will help keep your blood circulating properly and loosen up the muscles.

## Stretches for truck drivers.

---



**Kneel on one knee and lean forward to stretch the front of the hip.  
Repeat on other side**

---



**Put arms together overhead and lean to the side to stretch back.  
Repeat on other side.**

---



**Place arms behind head and lean back to stretch spine.**

---



**Place hand on tilted head to stretch neck sideways.  
Repeat on other side.**

---



**Place hands on lower back and lean back to stretch spine.**