

***Disclaimer:** The exercises are done at your own risk. It is essential to get a doctor's approval before participating in any exercise programme, especially if you have medical or orthopaedic condition. LifeAssist, the Biokineticist, its employees or agents will not be held liable for any injury, loss or damage of whatsoever nature and howsoever incurred arising out of the exercise.*

Ultimate **DESK**ercise Stretch Routine

Daydreamer  Gently pull each elbow to the opposite side overhead. Just pretend you're under a Tahitian waterfall and need to scrub your shoulder blades.	The Carpet Gazer  Remaining seated, extend your legs and reach toward your toes. Stare at the dull office carpet or search for lost bits of popcorn for 20 seconds.
The Half-Bear Hug  Hug one knee at a time, pulling it toward your chest. Tell passers-by you need a mini childhood flashback, or that "this is how you roll."	The Olympic Diver  Clasp your hands in front of you and lower your head in line with your arms. Pretend you actually know how to dive correctly, and use this "proper technique" to impress your cubicle companions.
The Almost-Aerobic Reach  Extend each arm overhead and to the opposite side as you imagine Richard Simmons goading you toward a fabulous body.	The "who cares" shrug  Raise both shoulders at once up toward the ears. Drop them and repeat as you explain to your boss that you are, indeed, listening with interest.

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The Freedom Search



Clasp hands behind your back, push the chest outward, and raise the chin. Count yourself lucky if you're not looking at suspended ceiling tiles and fluorescent bulbs. *Tip: If you're feeling really tight, try holding the pose for longer.*

The Spine Chatterbox



Cross your legs and alternate twists toward the back of the chair. Use the rear-facing position to comment on your neighbour's colour-coded file system with near genuine admiration. *Tip: Exhale as you lean into a stretch for a greater range of motion.*

The Happy Cheer



Clasp hands together above the head, stretching upward. Follow up with "spirit fingers" or some other equally cheesy high school rom-com reference to aerobic activities.

Leaning Tower



Repeat The Happy Cheer, but lean arms and shoulders to the side.

The Dead Robot Dance



Lean your head forward and slowly roll from side to side. Picture all of the times you finished a less-than-polished robot dance with dangling head and arm, and vow to record it next time.

The High School Headshot



Gently pull your head toward each shoulder. Think of your yearbook photo — the one in which you tried to pose like a model but ended up looking off-kilter and half-blinking. *Tip: With each stretch, you may find yourself more flexible. Don't go further than is comfortable.*



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