

StretchBox | 11 Essential Stretches for Flexibility at Your Desk

StretchBox (the “Box”) helps office workers improve their flexibility while working. This sheet provides an overview of the 11 core stretches that help reduce stiffness, alleviate muscle and joint pain, and promote mental well-being. Through partaking in these movements, you can advance your mobility during the ordinary course of the day.

Stretches				
	Demonstration	Box Position	Instructions	Intensity
Seated / Standing Hips		45-degrees to the right or left	With your leg extended, place the outside of your foot on the Box	Lean your weight downwards and away from the extended leg to deepen the stretch.
Seated / Standing Hamstrings		45-degrees to the right or left	Place one heel on the Box with your leg extended	Hinge at the hips while keeping your back straight
Seated / Standing Groin		45-degrees to the right or left	Place the inside of your foot on the Box with your leg extended	Lean your weight downwards and towards the extended leg
Seated / Standing Quadriceps		Behind body	Place the front side of your foot on the Box	Drop your knee, pointing it towards the ground, and lean backward

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Stretches				
	Demonstration	Box Position	Instructions	Intensity
Seated Hips		Front of body	With your knee bent, place the outside of your foot flat on the Box	Lean forward or push your outer knee toward the ground
Standing Calves		Front of body	Place the ball of your foot on the Box’s sloped side, keeping heel on the ground	Lean forward by hinging at the ankles, keeping flat posture
Standing Lunge		Front of body	Place your foot flat on the Box and bend your knee	Drive your knee forward for a full lower body stretch

Degrees of Difficulty		
<u>Easy – [x] in.</u>	<u>Medium – [x] in.</u>	<u>Hard – [x] in.</u>