

Exercises & Stretches Back & Upper Body



Exercise 1 Neck Rotations

Sitting forward on your chair, turn your neck to the side, keeping your body facing forward.

Return to the start and then turn your neck to face the other direction.

3 SETS OF 10 REPS



Exercise 2 Trunk Twists

Standing or sitting face forward.

Turn your upper body and head to one side, as if you are looking over your shoulder. Keep your hips facing forward.

Return to the starting point and do the same on your other side.

3 SETS OF 12 REPS



Exercise 3

Side Bends

Sitting forward in your chair, start with both arms by your side. Slowly bend to one side keeping your head and neck in line with your spine.

Return to the start and repeat on your other side. Make sure you don't bend forward or back during the side movement.

3 SETS OF 12 REPS



Exercise 4

Arm Circles

Sitting forward in your chair. Raise both arms so they are in line with your shoulders.

Start making circles with your arms, start small and you can gradually make them bigger.

Progression - Make a figure of eight with your arms to work on your coordination

2 SETS OF 12 REPS GOING FORWARD
2 SETS OF 12 REPS GOING BACKWARD



Exercise 5

Row

Place both arms together out in front of your body. Pull both arms to one side, then back out in front.

Repeat on your other side. Imagine you are rowing a boat.

3 SETS OF 12 REPS



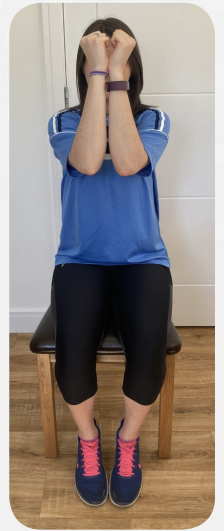
Exercise 6

Pec Deck

Sitting slightly forward on your chair. Bring both arms up so your elbows are at 90 degrees.

Slowly bring your arms in front of your body while keeping your elbow in the same position.

3 SETS OF 12 REPS



Stretch 1

Side Stretch

Reach up to the ceiling with one hand, hold onto the chair with the other.

Try to reach as high as you can and over your head as far as possible. Repeat with your other arm.

Hold for 15 seconds and repeat 3 times



Stretch 2

Back Stretch

Bring both hands in front of the body, level with your shoulders. Link your fingers together and round your upper back.

Hold for 15 seconds and repeat 3 times



Stretch 3

Chest Stretch

Sitting in a chair, lean forward slightly and run your hands up the side of the backrest of the chair. Hold at the top of this movement.

Hold for 15 seconds and repeat 3 times

