

# Desk Yoga Workout

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The American College of Sports Medicine (ACSM), recommends flexibility training a minimum of 2 to 3 days per week, holding each stretch for 10 to 30 seconds. Perform each stretch to a position of mild discomfort. Below is a Yoga workout that you can use at the office or at home. These exercises will improve your flexibility and prevent or reduce back pain. Perform each pose for 10-30 seconds. Repeat 3 to 4 repetitions for each pose.



## Backbend in chair.

Begin by sitting in a non-rolling chair with shoulders relaxed. The back and butt should be flat against the back of the chair. Reach back and place hands behind the chair. Arch backwards in chair but do not come up off the chair; remain seated. Hold for 10-30 seconds.

## Forward fold in desk chair.

Begin by sitting in the chair with feet shoulder width apart. Lean forward, as if to touch your toes. Take a few deep breaths and return to a seated, upright position. This stretches the spine. Hold for 10-30 seconds.



## Wrist stretch at desk.

Begin by standing at the desk with feet shoulder width apart. Place both hands palm down on the desk with wrists facing outward. Hold for 10-30 seconds.

### **Downward dog arms.**

Begin by standing at your desk with feet shoulder width apart. Place both hands on the desk and walk back until your back is straight and your hips are directly over your feet. This stretch will be felt in the back, arms and legs. Hold for 10-30 seconds.



### **Side stretch at desk**

Begin by sitting sideways at the front of the chair with feet together. Raising both hands above your head, lean sideways, placing the lower part of your arm on the desk. This stretch will be felt in your side (rib area). Hold for 10-30 seconds.

### **Seated downward dog.**

Begin by sitting in the chair with feet shoulder width apart. Place both arms out in front and lean forward into the desk. This stretches the spine and arms. Hold for 10-30 seconds. To stretch the legs at the same time, bring the left foot up onto the right thigh, as shown in the picture. Repeat for the right leg.



### **Chair twist at desk.**

Begin by sitting in chair with feet shoulder width apart. Cross the left foot over the right knee. The right hand should rest on the left knee and the left hand on the chair back. Twist your torso to the left and hold. This is a great stretch for the spine. Hold for 10-30 seconds. Repeat on the right side.