FitBreak Stretches
Hand, Wrist, and Elbow

Wrist Extension with fingers forward
Spread fingers and thumb as wide as you can. Place hands on low table. Straighten elbows. Lean forward. Total: 30 seconds.

Wrist Extension with fingers back
Spread fingers and thumb as wide as you can. Place hands on low table. Straighten elbows. Lean back. Total: 30 seconds.

Wrist Flexion
Place backs of hands and wrists on a low table. Straighten elbows. Lean back. Total: 30 seconds.

Finger extensions on table
With palms facing forward, place tips of fingers on a table. Bend fingers back, keeping wrists straight. Total: 30 seconds.

Wrist Circles
With elbows at 90 degrees, circles wrists outward 20-30 times. Repeat with wrists circling inward.

Fingers interlaced front
Interlock fingers in front of body, turn palms to the floor with thumbs facing body. Raise arms and push shoulder blades forward. Total: 30 seconds.

Fingers interlaced behind
Interlock fingers behind body, turn palms to the floor with thumbs facing away body. Attempt to straighten elbows. Keep shoulders down and back. Total: 30 seconds.

Wrist rock on desk
Make fists with thumbs outside fingers. Place hands on low table with palms facing each other, rock forward at wrists. Total: 30 seconds.

Upside down prayer
Pull shoulders back and place palms together in front of waist. Bend elbow and draw palms upward. Total: 30 seconds.

Basic Tricep stretch w/ yoga strap
Grab end of strap or belt. Bring hand to back of shoulder. Pull down on strap with opposite hand. Total: 30 seconds.

To see videos of the stretches, visit: https://bit.ly/2uObkbb