FitBreak Stretches
Neck/Upper Back

- **Neck Tilt**: Tilt ear toward shoulder. Total: 30 seconds.
- **Neck Rotation**: Turn palms forward. Look to one side. Total: 30 seconds.
- **Seated T spine rotation**: Place one hand on desk and grab seat of chair with other hand. Pull into gentle rotation. Total: 30 seconds.
- **Lat lean over**: Reach one arm up, then lean over side. Total: 30 seconds.
- **Goal Post**: Hold arms out with elbows at 90 degree angle. Actively pull back. Hold 15 seconds. Then bring elbows forward until they touch. Hold 15 seconds.
- **Sumo T spine Rotation**: Sit on edge of chair and place feet in wide stance. Push the back one one wrist into the inside of your knee. Reach up toward the ceiling and look at the other hand. Total: 30 seconds.
- **Chest opener on wall**: Place forearm on a wall or doorway. Open slightly. Total: 30 seconds.
- **Neck tuck with press down (behind)**: Interlock fingers behind back. Actively push down. Bring chin to chest. Total: 30 seconds.
- **Neck tuck with press down (front)**: Interlock fingers in front. Actively push down and forward. Bring chin to chest. Total: 30 seconds.

To see videos of the stretches, visit: https://bit.ly/2FdiYM0