

MEDPOINT

FITNESS

20 DAY 5 MINUTE OFFICE STRETCH CHALLENGE





20 DAY 5 MINUTE STETCH CHALLENGE

JUNE IS THE MONTH FOR POSTURE

**REALIGN YOUR SPINE AND POSTURE BY COMPLETING THIS 5
MINUTES OF STRETCHING 1-3 TIMES EVERY DAY IN YOU
WORK WEEK RIGHT FROM THE COMFORT OF YOUR OWN
OFFICE/DESK SET UP**

YOUR CHALLENGE:

**EVERY WORK DAY FOR 20 DAYS IN JUNE, STRETCH. BY THE END OF THE 20 WORKING
DAYS, STRIVE FOR THAT TO GET YOUR STRETCHING IN TO IMPROVE YOUR POSTURE**

CHALLENGE YOURSELF TO FEEL REALIGNED, REFRESHED, STRONG AND FLEXIBLE

SEE THE BREAK DOWN BELOW AND GET STRONG!

INSTRUCTIONS ON WHAT STRETCHES AND HOW TO DO THEM ARE ON NEXT PAGE

FITNESS CHALLENGE

Month: June

Week of:

	Completed? Y/N and Date	Tally of times you stretched
1		
2		
3		
4		
5		
6		
7		

Notes:

FITNESS CHALLENGE

Month: June

Week of:

	Completed? Y/N and Date	Tally of times you stretched
8		
9		
10		
11		
12		
13		
14		

Notes:

FITNESS CHALLENGE

Month: June

Week of:

	Completed? Y/N and Date	Tally of times you stretched
15		
16		
17		
18		
19		
20		

Notes:

Notes :

Help your posture by doing these stretches twice a day. Complete each one for 40-60 seconds.

1 Trunk flexion/extension



Duration: 40-60 Hold: 3-5

Sit down on a chair with a straight posture.

Place your hands behind your head. (DO NOT PULL ON YOUR HEAD)

Slowly flex the trunk by rounding the upper back then extend back over the backrest of the chair while taking deep breath in.

Hold for a few seconds then exhale returning to start position

Repeat



2 External rotation



Reps: 15-20 each arm Weight: NO WEIGHT

Sit next to a table with the forearm resting on the table. Sit at an appropriate height so the arm is abducted 45 degrees from the torso.

Lift the involved forearm until perpendicular to the table, then slowly lower the involved hand back down to the table.



3 Standing cat-cow



Duration: 40-60 Seconds

Stand up in front of a stable object (wall, countertop, chair, etc.). Round the spine as you inhale deeply and then arch it standing tall it as you exhale.

Alternate between these two positions for 40-60 seconds



4 Wall hip hinge



Reps: 10-15

Stand back to a wall-about 1 foot away from it.

Push your hips back to touch the wall and bend forward to hinge from the hips while reaching overhead with your arms.

Come back to a standing position, making sure your back stays flat at all times.



5 Calf stretch



Duration: 40 Secons each Leg

Stand and place one foot against the wall.

Place the other leg behind with your heel on the ground, foot parallel to the front one and knee straight.

Keep the torso upright and push the hips forward to feel a stretch in the calf.



Hold each leg for 40 Seconds
