

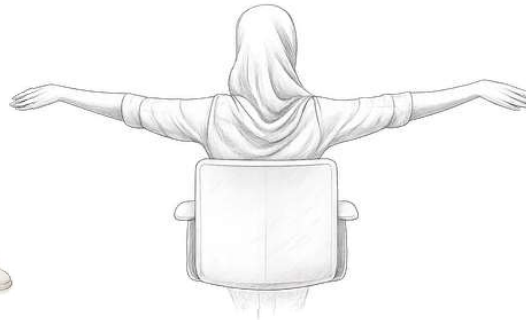
breath... desk stretches



flexibility



Circulation



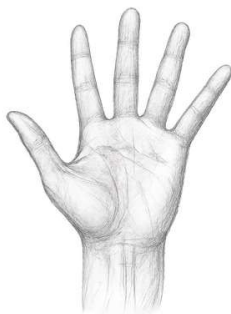
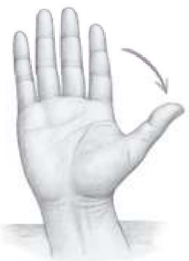
Posture



Mobility



Recovery



Thumb Across
Palm Stretch



Finger Spread
Stretch



Prayer
stretch



Finger Extension
Stretch



Fist Flex stretch

