After
Sitting
Approximately 4 Minutes

This is a series of stretches to do after sitting for a long time. The sitting position causes the blood to pool in the lower legs and feet, the hamstring muscles to tighten up, and the back and neck muscles to become stiff and tight. These stretches will improve your circulation and loosen up those areas that are tense from a prolonged period of sitting.

1. Walk a bit for 2–3 minutes

2. 10–15 seconds 2 times (page 46)

3. Rotate each ankle 10–15 times (page 71)

4. 10 seconds (page 46)

5. 5 seconds 2 times (page 46)

6. 5 seconds 2 times (page 28)

7. 3–5 seconds each side (page 46)

8. 10 seconds each arm (page 44)

9. 15 seconds each arm (page 43)

10. 10–12 seconds each side (page 81)

11. 3–4 seconds (page 71)

12. 15–30 seconds each leg (page 71)