

# 5 Minute Break

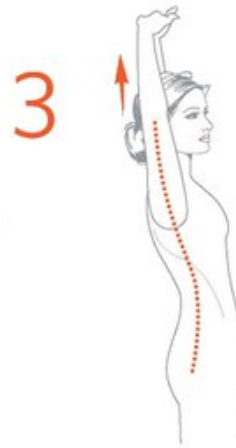
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ergonomics\*



**1**  
**Shoulder Stretch:**  
With hands in front of body, interlace fingers and turn palms away from body. Gently straighten elbows and reach. Hold stretch for 10-20 seconds. Repeat at least twice.



**2**  
**Shoulder Stretch:**  
Use your left hand to grasp your right arm above the elbow. Pull shoulder height at right arm across your chest. Hold for 8-10 seconds. Repeat for other shoulder.



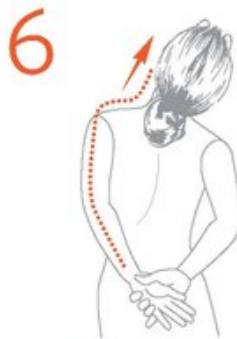
**3**  
**Upper Body Stretch:**  
Interlace fingers, turn palms upward and straighten arms above head. Elongate arms to stretch through upper sides of your rib cage. Hold for 15-20 seconds.



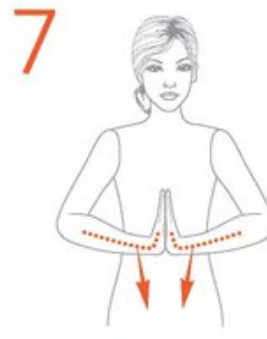
**4**  
**Triceps Stretch:**  
With arms overhead, hold right elbow with left hand. Gently pull elbow behind your head, creating a stretch down your right side. Hold for 8-10 seconds. Reverse position and repeat on left side.



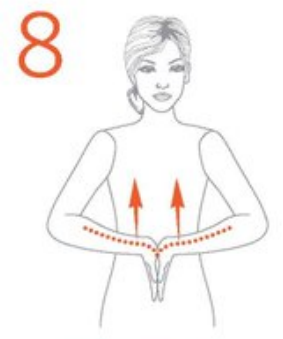
**5**  
**Shoulder Shrugs:**  
Raise the top of your shoulders toward your ears until you feel the stretch in your neck and shoulders. Hold for 3-5 seconds. Repeat 2-3 times.



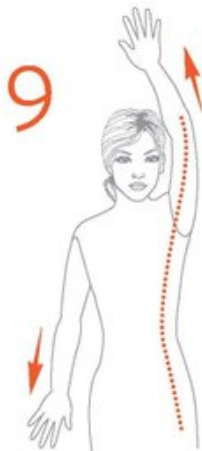
**6**  
**Neck Tilts:**  
Place arms behind your back, grasp one wrist with opposite hand and pull while tilting head away from the arm you are stretching. Hold for 8-10 seconds. Reverse and repeat.



**7**  
**Wrist/Forearm Stretch:**  
Place hands at chest height palm to palm, fingers pointing up. Push hands and forearms downward. Keep palms together and elbows even. Hold for 10 seconds. Repeat 3 times.



**8**  
**Wrist/Forearm Stretch:**  
Place hands at chest height palm to palm, fingers pointing down. Push hands and forearms upward. Keep palms together and elbows even. Hold 10 seconds. Repeat 3 times.



**9**  
**Side Stretch:**  
Stand or sit with back straight. Push one hand downward while stretching opposite hand up and over head. Hold for 8-10 seconds. Repeat for opposite side.



**10**  
**Back and Hip Stretch:**  
Cross left leg over right leg. Keeping shoulders square with the front of your body, look over left shoulder. Place right hand on left knee and apply pressure. Hold for 8-10 seconds. Repeat on other side.



**11**  
**Lower Back Stretch:**  
Place palms on lower back, fingers pointing downward. Gently push your palms forward and bend your spine backwards. Hold for 10-15 seconds. Repeat 2-3 times.



**12**  
**Hand, Wrist & Forearm Relaxation:**  
Relax hands and arms at your side. Shake hands and arms for 30 seconds to loosen tension.