



## Motion Infusion in the Office

### Set Your Base

1. Set feet apart (need support of legs and torso)
2. Sit forward on chair and breathe fully

### Eyes

1. Clocks – Without moving head, move eyes “around a clock,” both directions
2. 8’s – Extend arm forward and draw an “8” in the air, following the movement with your eyes; both directions

### Hands and Wrists

1. Spider Pushups – Match fingertips of hands and press palms toward each other to stretch fingers; keep palms and fingers separated
2. Z’s – Press palms together, fingers in opposition to create a ‘Z’ shape
3. Wrist Rolls – Clasp hands together; roll hands in both directions

### Shoulders and Neck

1. Overhead Press with Side Stretch – Clasp hands and reach arms overhead; stretch side to side
2. Chest opening – Clasp hands behind; reach interlaced hands behind and up
3. Neck Rolls – Drop head to one side, roll through center, turn chin toward shoulder, nod up and down; reverse direction

### Spine

1. Spinal Extension/Flexion – Arch the back, inhale; round the back, exhale
2. Spiral Staircase – Rotate the spine from the sacrum to the top of the head while keeping the feet pressing down and out against the floor; let arms slide naturally
3. Side Stretches – Stretch to the side, round through center, side stretch, return to upright position; allow arms to hang down naturally

### Legs

1. Seated Hamstring Stretch – Imagine having a seat belt across the waist, extend one leg forward on to floor, foot flexed, lean forward at the waist
2. Cross-Over – Calf bone on top of thigh bone, keep foot flexed, drape body over leg; reach arms up and let float out to side as lean forward, let head drop
3. Calf and Quad Stretch – Come around to back of chair, reach back one leg at a time, press heel down and stretch calf, first with straight leg and then bent; reach back with hand, pick up foot behind you and stretch quad