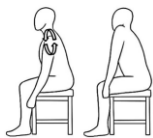


Exercises

Begin with a 1 to 2 minutes' walk (warm up). Perform 10 repetitions of 4 seconds of any chosen exercise.

Shoulder circles



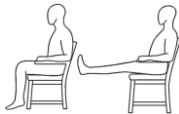
Front arm circles



Back extension



Leg extension



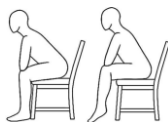
Arm circle



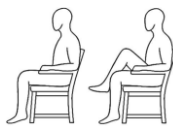
Chair squat



Calf extension



Knee raise



Stretches

Maintain during 30 seconds each side (if applicable). Take deep breaths.

Body twist



Neck



Glute



Triceps



Shoulder



Executive stretch



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References: Canada's National Centre for Occupational Health and Safety (CCOHS), Association of Canadian ergonomics (ACE), <http://www.ace-ergocanada.ca/index.php?contentid=137>, The information in this infographic is not a substitute to the medical advice from a health professional or from another qualified individual. It is highly recommended to consult a certified personal trainer as well as a health professional before starting an exercise program. **The employer and author of this infographic are not responsible for accidents and/or injuries.** Actions for Health, 2017©