



# WORKSTATION exercises

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Add your description here --

HAND  
—  —  
CONSULT SA



Neck Side  
Stretch X 1



Neck Side  
Stretch X 1



Shoulder Forward  
Stretch X 1



Shoulder Ceiling  
Stretch X 1



Right Body Side  
Stretch X1



Left Body Side  
Stretch X 1



Left Arm Stretch  
X 1



Right Arm Stretch  
X 1



Lower Back  
Flex 10s hold



Upper Pec  
Stretch 10s hold



Arm Stretch  
10s hold



Hip to ceiling  
Resistance x 5



**Hip to Ceiling**  
Resistance x 5



**Resisted Forearm**  
Strength x 5



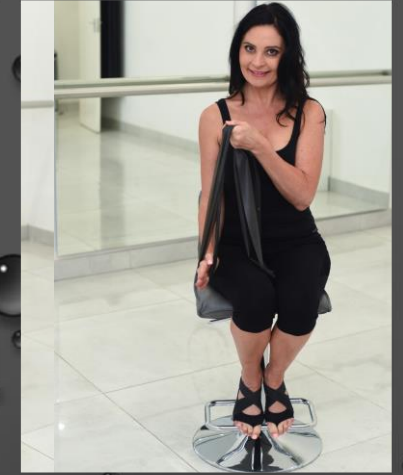
**Hip to Wall**  
Resistance x 5



**Forearm to Ceiling**  
Resistance x 5



**Forearm to Wall**  
Resistance x 5



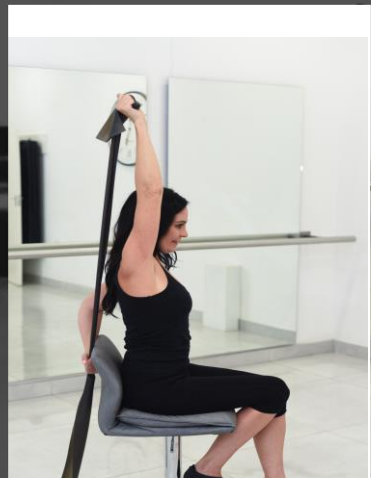
**Forearm to Floor**  
Resistance x 5



**Across Body**  
Resistance x 5



**Ulnar Nerve**  
Glide x 5



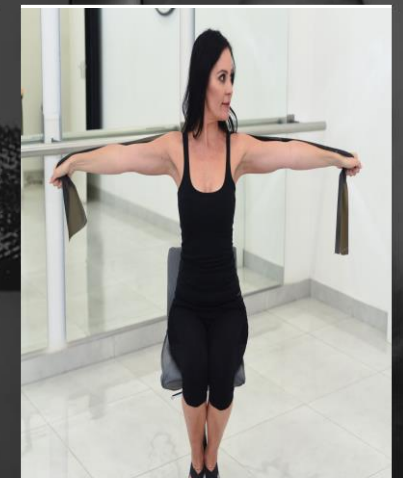
**Ulnar Nerve**  
Glide x 5



**Ulnar Nerve**  
Glide x 5



**Ulnar Nerve**  
Glide x 5



**Median Nerve**  
Glide x 5



## MEDIAN NERVE

- Extend Elbow
- Extend wrist to the floor
- Bend ear to shoulder on opposite side. Then bend elbow and wrist towards the shoulder with the head straight.
- Repeat x 5



## RADIAL NERVE

- Extend Elbow
- Bend wrist upwards
- Look away
- Push hand towards floor.
- Repeat x 5



## ULNAR NERVE

- Extend elbow with fingers touching.
- Bend elbows whilst abducting the shoulders and bring hands to face.
- Extend wrists.
- Repeat x 5



# hard work

Commitment means STAYING LOYAL to what you said you were going to do long AFTER THE MOOD you said it in has LEFT YOU.

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STRIVE FOR PROGRESS NOT PERFECTION

**DON'T STOP,**

**DON'T QUIT!**



—John Doe

Lorem ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it to make a type specimen book. It has survived not only five centuries.

**HAND**  
—  —  
CONSULT SA

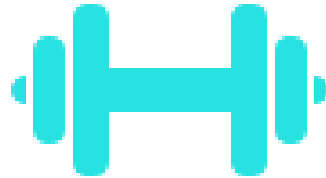
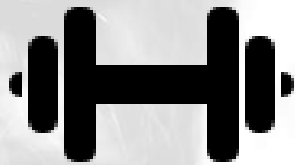
# Workstation Exercises

EACH NEW DAY IS A NEW OPPORTUNITY TO IMPROVE YOURSELF.

TAKE IT. MAKE THE MOST OF IT



BUILD STRENGTH



IMPROVE  
FLEXIBILITY



RESISTANCE TRAIN

TONE MUSCLES

DO CARDIO

At Core-Barre and Hand Consult SA you will be given specific exercises to achieve your goals. Always consult your specialist or instructor to make sure that you do not injure or re-injure yourself..