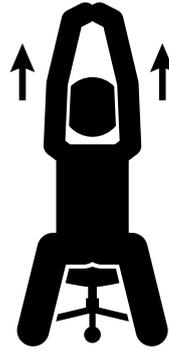




CHIROPRACTIC LIFE – DESK STRETCHES

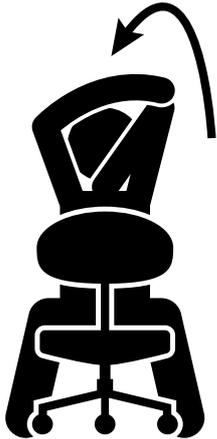
- Take 2 deep breaths before starting
- Relax & breathe slowly
- Do no bounce or force the stretches
- Feel into the stretch & don't push it
- Stretches can be held for up to 30 secs
- Always consult your Chiropractic Life Chiropractor before starting any lifestyle change - including these stretches!



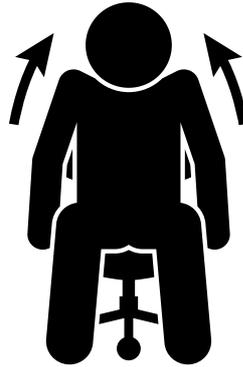
Hold for 10 sec



Hold for 20 sec. each side



Hold for 20 sec. each side



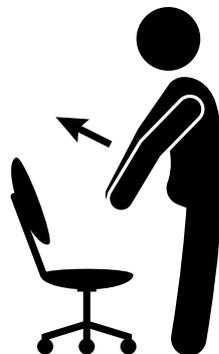
Hold for 10 sec. 2 times



Hold for 10 sec. each side



Hold for 10 sec. 2 times



Hold for 10 sec



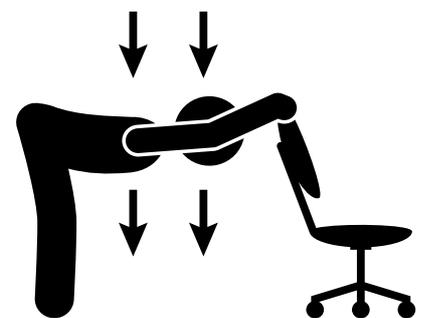
Hold for 10 sec. each side



Hold for 10 sec. each side



Hold for 10 sec. each side



Hold for 20 sec.