

Strengthening Exercises for Combating Long Days Spent at a Desk

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Consult your physician before beginning this
or any other exercise routine.



Neck Flexion

- Bend head forward
- Hold for 15 seconds
- Repeat 3 times



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Upper Trapezius Stretch

- Gently grasp one side of the head while reaching behind the back with other hand
- Tilt head away until a gentle stretch is felt
- Hold 15 seconds
- Repeat 2 times per side



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Strengthening Shoulder Shrug

- Shrug shoulders up and down, forward and backward
- Repeat 10 times per set
- Do 2 sets



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Chest Bicep Stretch

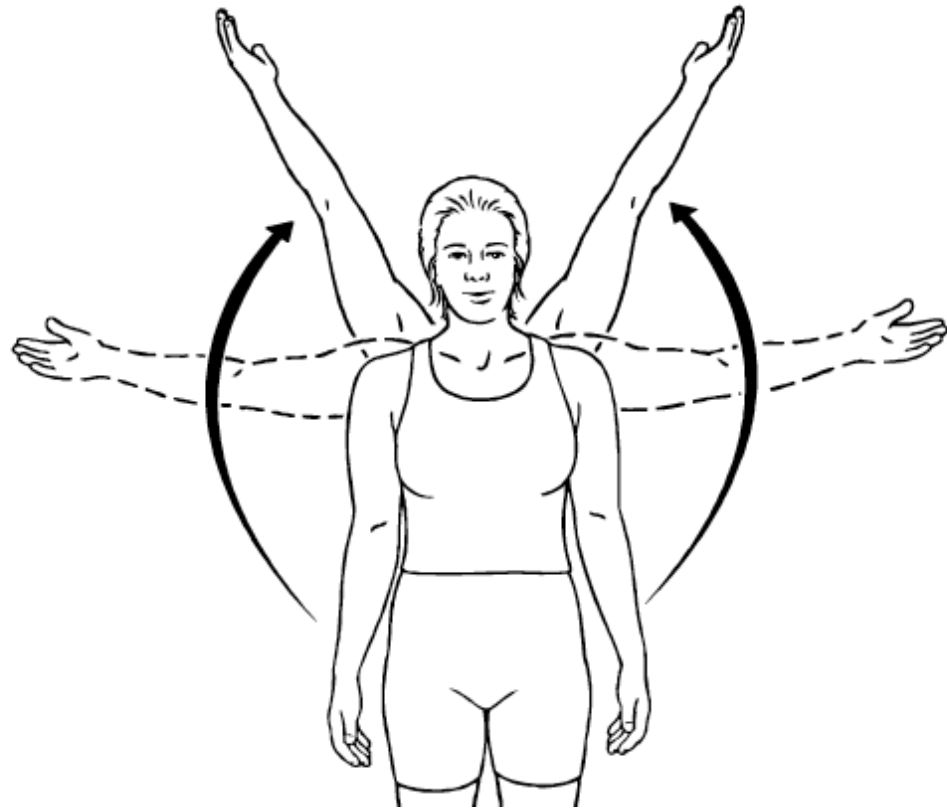
- Lace fingers behind back and squeeze shoulder blades together
- Slowly raise and straighten arms
- Hold 10 seconds
- Repeat 3 times



Image provided by: Robert Croonborg/Functional Formations

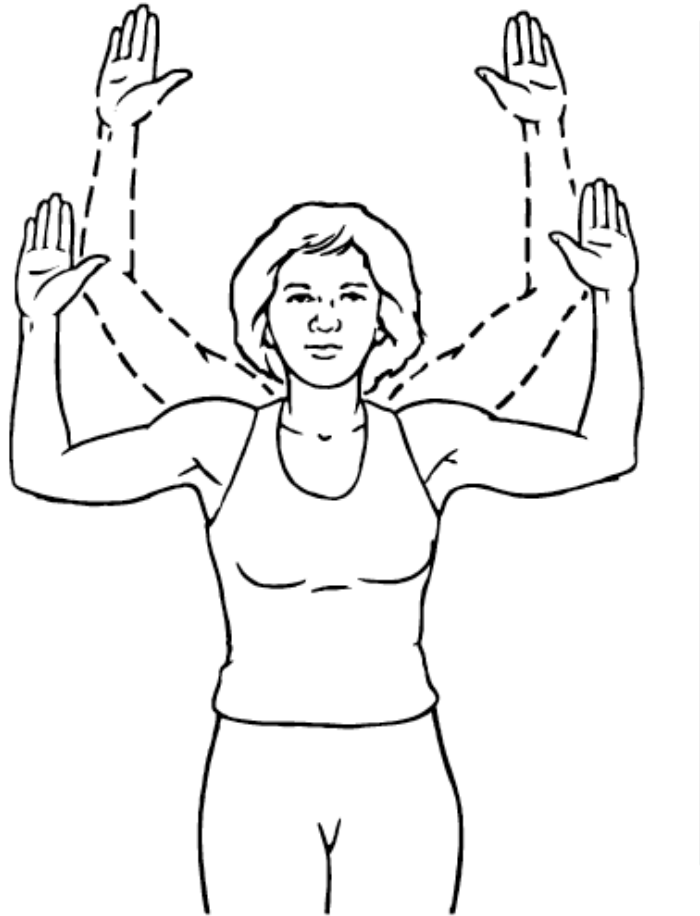
Inferior Capsule Stretch

- Gently pull one raised elbow with other hand until stretch is felt in the shoulder
- Hold 15 seconds
- Repeat 2 times per side



Standing Shoulder Abduction

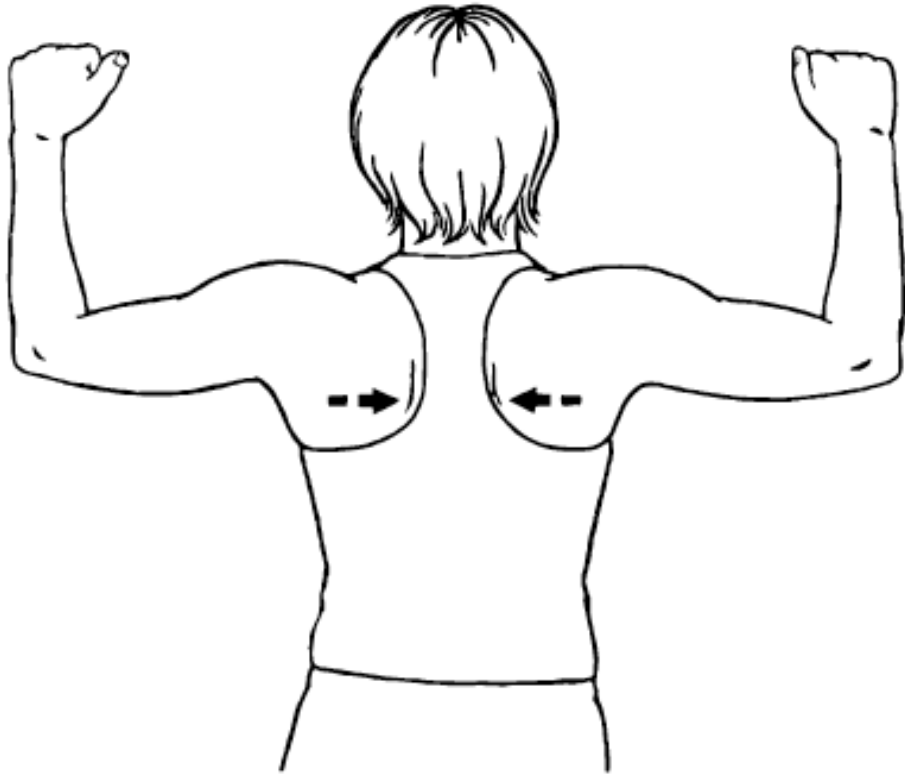
- Bring arms straight out from sides and raise as high as possible without pain
- Repeat 15 times per set
- Do 2 sets



Standing Arm Slide

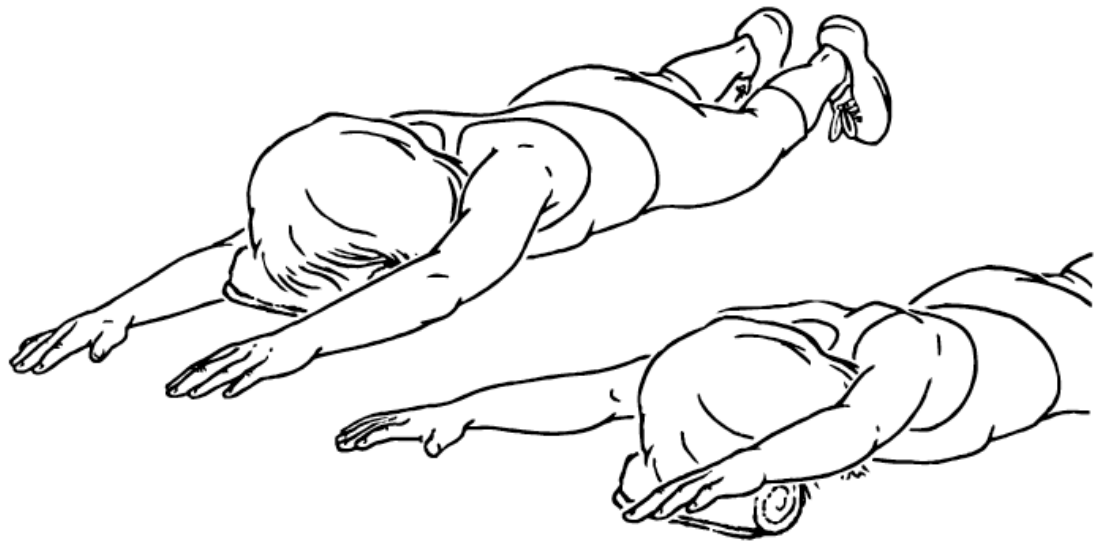
- Stand against wall, upper arms at shoulder level, elbows bent to 90°
- Raise arms overhead, keeping arm against wall
- Repeat 15 times per set
- Do 3 sets

Scapular Retraction Abduction

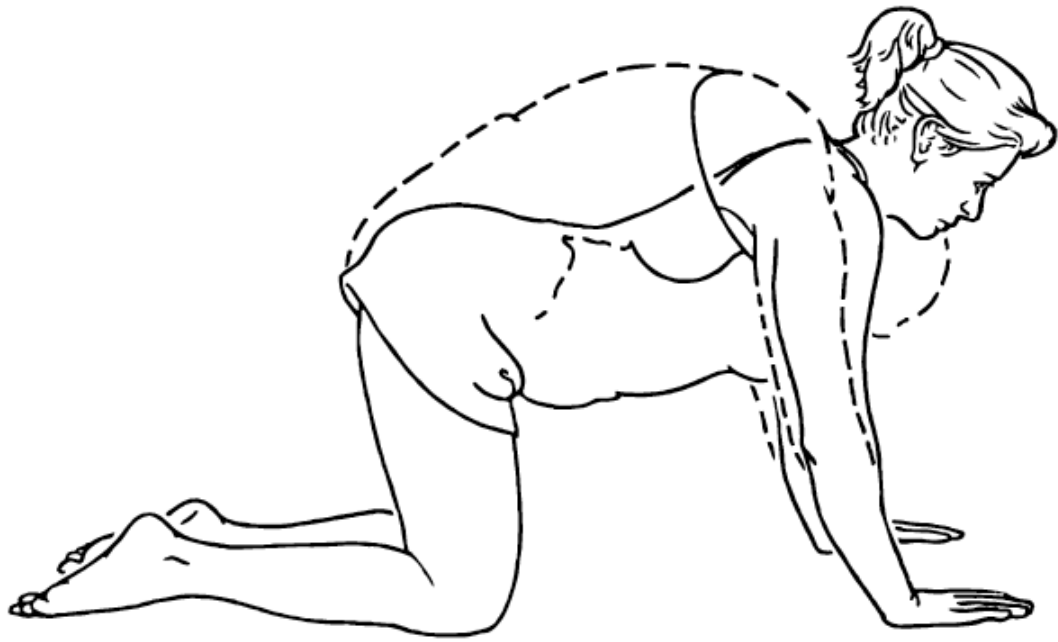


- With arms elevated and elbows bent to 90°, pinch shoulder blades together and press arms back
- Hold each rep for 5 seconds
- Repeat 10 times per set
- Do 2 sets

Scapular Retraction Flexion (Prone)



- Lie with arms forward
- Pinch shoulder blades together and raise arms a few inches from floor
- Hold off of floor for 5 seconds
- Repeat 10 times
- Do 2 sets



Angry Cat Stretch

- While on hands and knees, tuck your chin, tighten stomach, and arch your back
- Hold each rep for 5 seconds
- Repeat 3 times



Mid Back Stretch

- Push chest toward floor, reaching forward as far as possible
- Hold 20 seconds
- Repeat 3 times

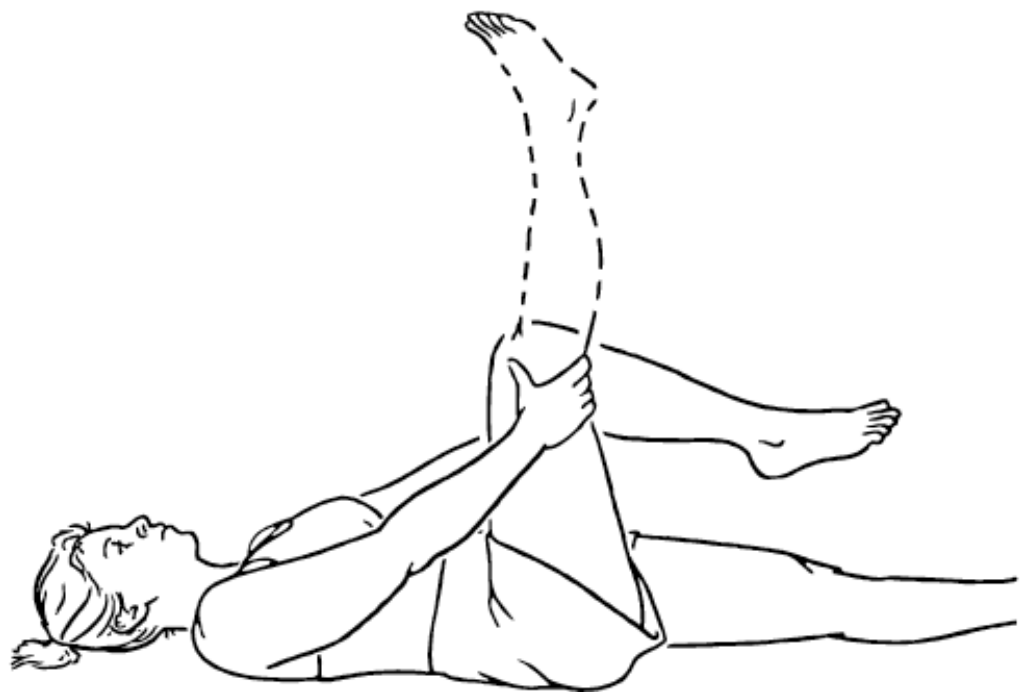


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Hamstring Stretch

- On floor, extend one leg and bend other knee to 90° angle
- Support bent knee with hands and attempt to straighten the knee until a gentle stretch is felt in back of thigh
- Hold 20 seconds
- Repeat 2 times per leg

Lumbar Rotation Stretch

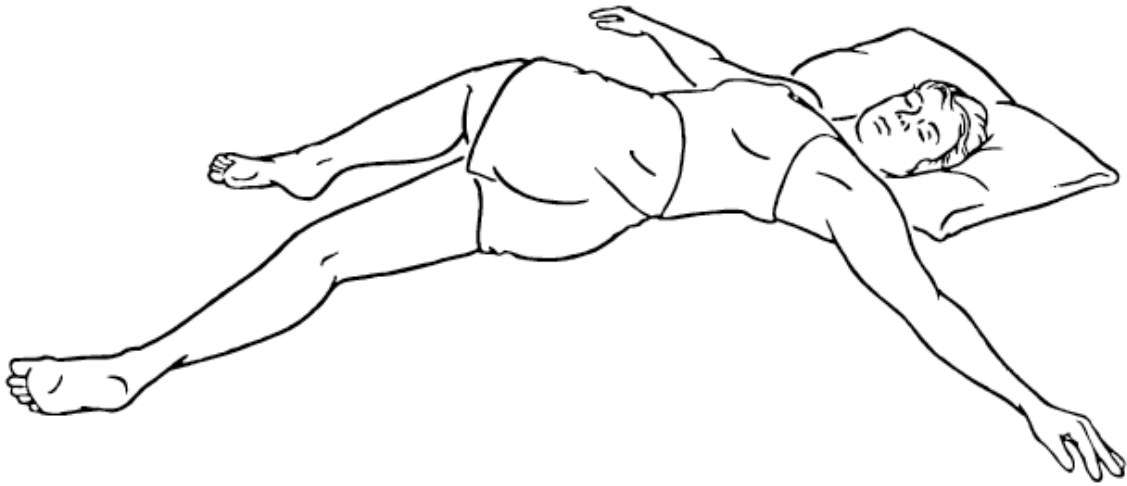


Image provided by: Robert Croonborg/Functional Formations

- Lie on back with one knee drawn toward chest
- Slowly bring bent leg across body until stretch is felt in lower back/hip area
- Hold 20 seconds
- Repeat 2 times per side

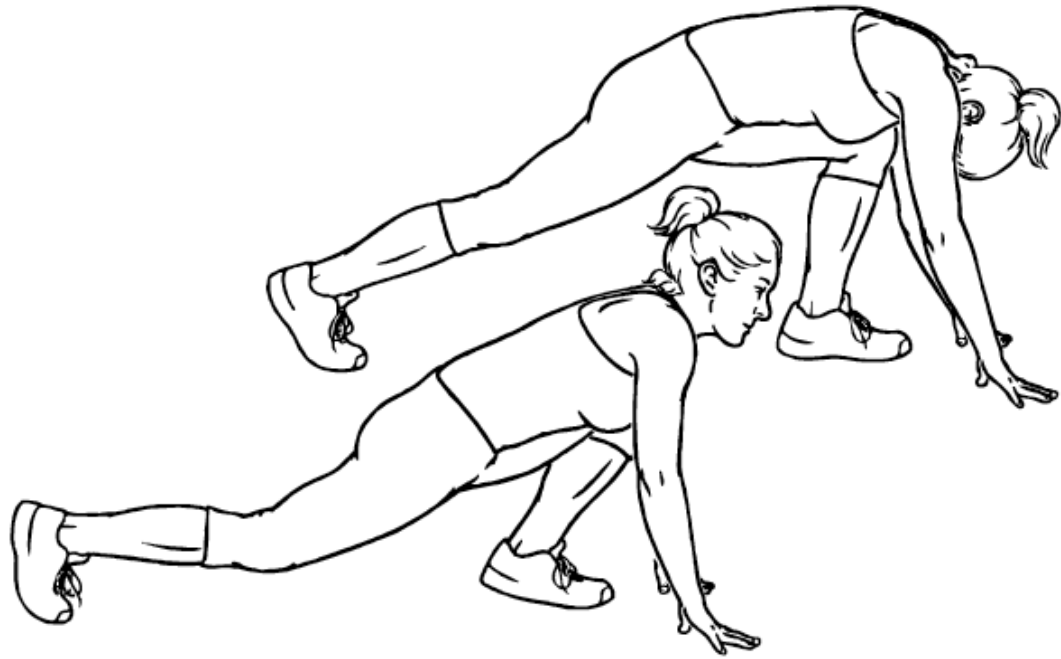


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Pelvic Rotation on Hands and Feet

- Place hands on floor and stretch one leg behind you while the other is at a 90° angle under your chest
- Keeping one leg straight, gently press your pelvis toward floor
- Hold 20 seconds, then relax
- Repeat 2 times per side