1. Start in your seat
As you are seated, stretch your legs and back with a seated figure-four stretch (1), calf stretch (2), and back extension (3).

2. Stand up and stretch your upper body
Stretch your chest and shoulders with a bicep stretch (4) (5), standing chest stretch (6), and chest/shoulder stretch (7).

3. Arms and neck
Extend your arms above your head with an overhead stretch (8), then stretch to the side (9). Pull on your elbows for a tricep stretch (10). Release your arms and end with a side neck stretch (11).

4. Stretch your back
Bend arms at a 90 degree angle and pull them back for a trapezius stretch (12) (13), then touch your shoulders (14) and push your elbows together (15) for an upper back stretch.

5. Move on to your wrists
Stretch your hands and wrists with a wrist extension (16) and wrist flexion (17).

6. End with your legs
Stretch your legs with a standing hamstring stretch (18) and a standing quad stretch (19).

Special thanks to our models: Julie C, Karrin M., and Thomas M.