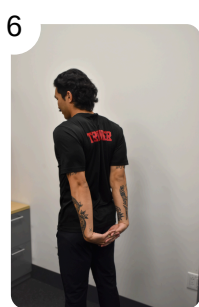
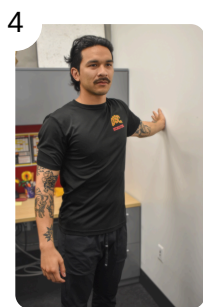
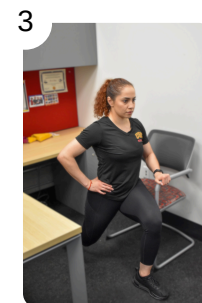
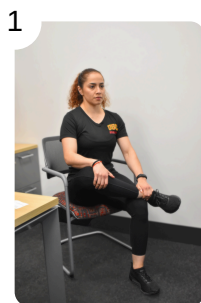


# Stretch with USC

## 1. Start in your seat

As you are seated, stretch your legs and back with a seated figure-four stretch (1), hamstring stretch (2), and slowly stand and begin hip extension (3).

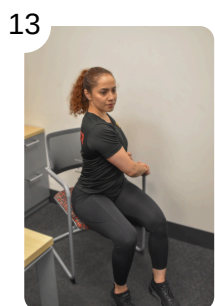


## 2. Stand up and stretch your upper body

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

Reach over and place both hands on the handles of your chair and twist toward that side to stretch the back (12) (13), then place both hands on your desk (14) and push your hands into the desk.

## 5. Move on to your wrists

Stretch your hands and wrists with a wrist extension (15) and wrist flexion (16).



## 6. End with your legs

Stretch your legs with a standing hamstring stretch (17) and a standing quad stretch (18).

Special thanks to our models: Julie C, Diana L., and Scott T.