

# FitBreak Stretches

## Hand, Wrist, and Elbow



### Wrist Extension with fingers forward

Spread fingers and thumb as wide as you can. Place hands on low table. Straighten elbows. Lean forward. Total: 30 seconds.



### Wrist Extension with fingers back

Spread fingers and thumb as wide as you can. Place hands on low table. Straighten elbows. Lean back. Total: 30 seconds.



### Wrist Flexion

Place backs of hands and wrists on a low table. Straighten elbows. Lean back. Total: 30 seconds.



### Finger extensions on table

With palms facing forward, place tips of fingers on a table. Bend fingers back, keeping wrists straight. Total: 30 seconds.



### Wrist Circles

With elbows at 90 degrees, circles wrists outward 20-30 times. Repeat with wrists circling inward.



### Fingers interlaced front

Interlock fingers in front of body, turn palms to the floor with thumbs facing body. Raise arms and push shoulder blades forward. Total: 30 seconds.



### Fingers interlaced behind

Interlock fingers behind body, turn palms to the floor with thumbs facing away body. Attempt to straighten elbows. Keep shoulders down and back. Total: 30 seconds.



### Wrist rock on desk

Make fists with thumbs outside fingers. Place hands on low table with palms facing each other, rock forward at wrists. Total: 30 seconds.



### Upside down prayer

Pull shoulders back and place palms together in front of waist. Bend elbow and draw palms upward. Total: 30 seconds.



### Basic Tricep stretch w/ yoga strap

Grab end of strap or belt. Bring hand to back of shoulder. Pull down on strap with opposite hand. Total: 30 seconds.