

# FitBreak Stretches

## Neck/Upper Back



**Neck Nods**  
Bring chin to chest. Hold 15 seconds. Look up. Hold 15 seconds.



**Open/Close**  
Open arms, arch chest, look up. Hold 15 seconds. Push shoulder blades forward, hug a tree, look down. Hold 15 seconds.



**Goal Post**  
Hold arms out with elbows at 90 degree angle. Actively pull back. Hold 15 seconds. Then bring elbows forward until they touch. Hold 15 seconds.



**Sumo T spine Rotation**  
Sit on edge of chair and place feet in wide stance. Push the back one wrist into the inside of your knee. Reach up toward the ceiling and look at the other hand. Total: 30 seconds.



**Neck Tilt**  
Tilt ear toward shoulder. Total: 30 seconds.



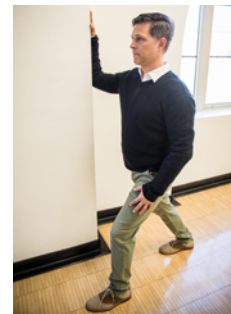
**Neck Rotation**  
Turn palms forward. Look to one side. Total: 30 seconds.



**Seated T spine rotation**  
Place one hand on desk and grab seat of chair with other hand. Pull into gentle rotation. Total: 30 seconds.



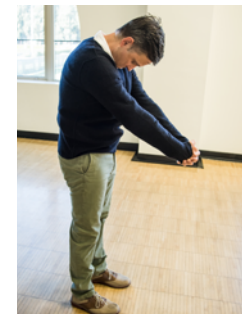
**Lat lean over**  
Reach one arm up, then lean over side. Total: 30 seconds.



**Chest opener on wall**  
Place forearm on a wall or doorway. Open slightly. Total: 30 seconds.



**Neck tuck with press down (behind)**  
Interlock fingers behind back. Actively push down. Bring chin to chest. Total: 30 seconds.



**Neck tuck with press down (front)**  
Interlock fingers in front. Actively push down and forward. Bring chin to chest. Total: 30 seconds.