

# DESKERCISE:

## Sit, Stretch and Strengthen

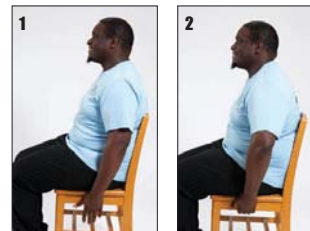
Shoulder Blade Pinch



Self Back Rub



Isometric Arm Lift



Back Stretch



Hip Stretch



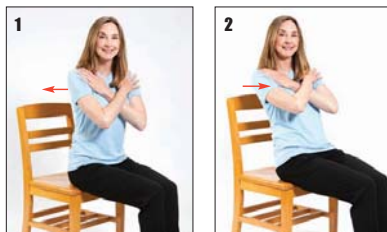
Trunk Twist



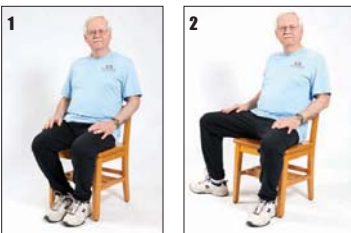
Elbow Crunch



Rocking Chair



Flamingo Legs



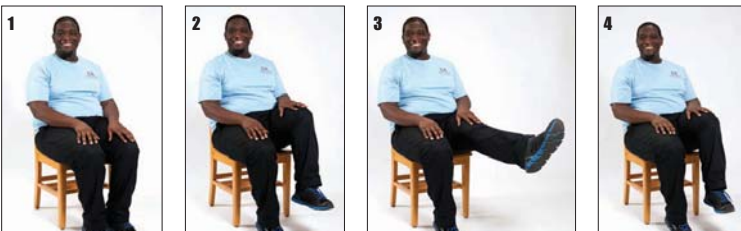
Thigh Squeeze



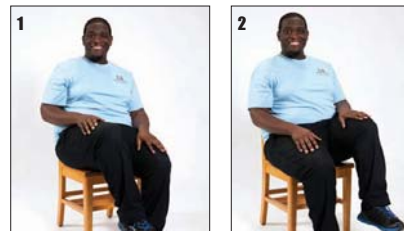
Heel Slide



Knee Lift with Extension



Marching



# ExtensionGetFit

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