

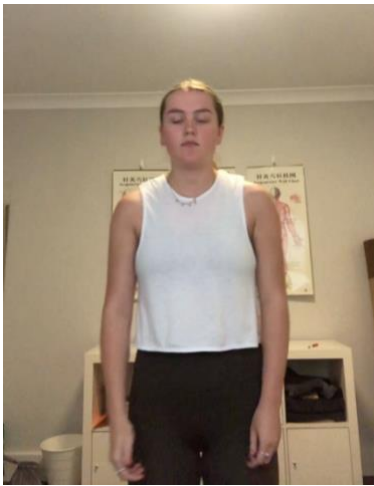
Feeling burnt out and tight from working all day?  
Try these simple exercises to keep your body feeling  
great.

Remember to maintain a good posture and breathing pattern whilst doing these exercises. Shake your body between each exercise to keep warm. Double click the image to watch the example.



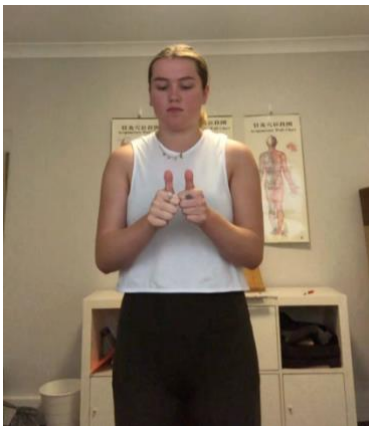
Exercise 1

Simply lunge and rotate. Repeat 5 times on each side.



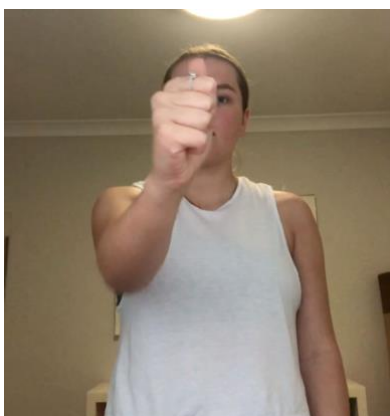
Exercise 2

Place your thumb in front of you and make the letter H making sure you are following with your eyes and not moving your head. Repeat 5 times.



Exercise 3

Make circles with your thumb and follow with your eyes. Repeat 5 times on each side.



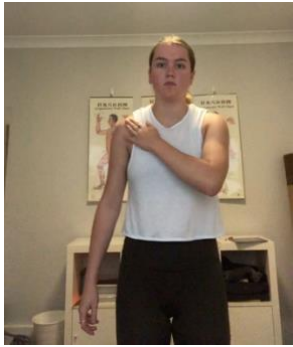
Exercise 4

Start with your thumb in front of you and bring it towards your nose following with your eyes. Repeat 5 times.



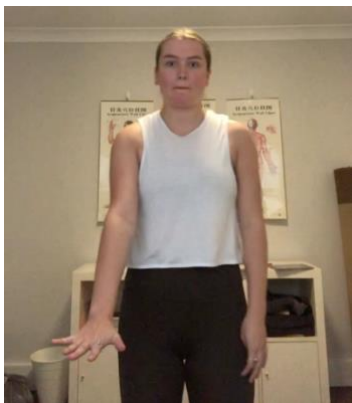
#### Exercise 5- Saccades

Hold your thumbs in front of you and switch between them (left and right) without moving your head. Repeat 20 times. Repeat again but vertical (up and down). Repeat 20 times.



#### Exercise 6- Radial Nerve Glide (hand folded)

Place your thumb across your palm. Flex your wrist forward. Lock your elbow. Drop your shoulder blade and position your head away. Circle your wrist repeating 5 times for each direction. Repeat on the opposite side. Repeat this exercise with your hand flat.



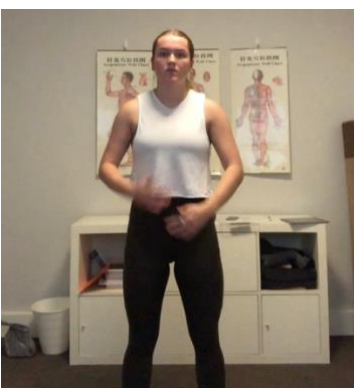
#### Exercise 7- Upper body nerve glide

Spread your fingers and flatten your hand. Bend your elbow and raise it out to the side. Bring your thumb forward, your shoulder blade down and your head away. Rotate your wrist 5 times and then circle your elbow five times. Repeat on the other side.



#### Exercise 8-Pendulum

Stand up tall and Lift your knee up to a 90-degree angle. Swing your leg back and forth. Repeat 20 times on each leg.



#### Exercise 9

Widen your stance and adopt a tall posture. Tilt to the side and roll your body around, mobilising your back. Repeat each direction 5 times.