

# ERGONOMICS EXERCISES FOR THE OFFICE

## NECK

**10**  
SECONDS  
EACH SIDE



## SHOULDERS

**15**  
SECONDS  
EACH



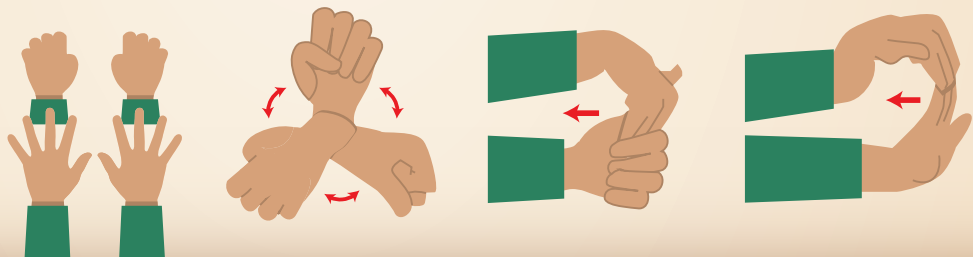
## BACK

**10-15**  
SECONDS  
EACH



## HANDS

**10-15**  
SECONDS  
EACH



## LEGS

**10-15**  
SECONDS  
EACH

