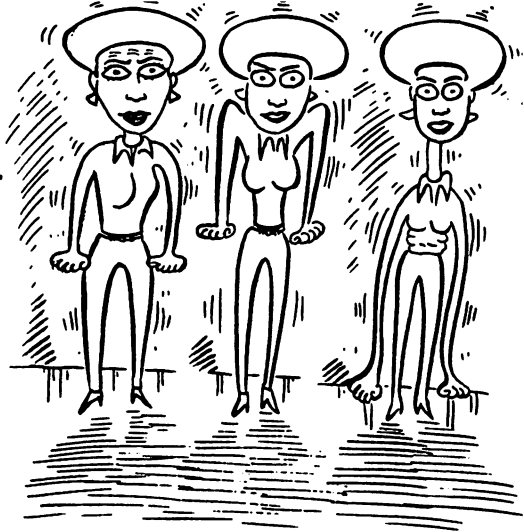


The Shrug

1. Clench your fists and tense your arms and legs.
2. Shrug your shoulders as high as they will go. Hold that position for 10 seconds.
3. Close your eyes and imagine that massive lead weights have been placed on your shoulders. To let them off you have to lower your shoulders very slowly.
4. Repeat.



The Squeeze

1. Cross your arms around your chest.
2. Exhale, and squeeze all the air you can from your lungs. Squeeze as hard as you can.
3. As you squeeze, bend forward at the waist and squeeze to a count of eight.
4. Now relax your arms and start to inhale. As you inhale, stretch your arms up over your head, reaching as far as you can.
5. Repeat 3 times.

Desk Isometrics

Isometric exercises are exercises in which you push against something that resists you. Your muscles tense as they work hard to push. Then they relax as soon as you stop pushing. Isometrics are great invisible desk exercises.

1. Put your palms flat on your desk and push down as hard as you can.
2. Put your hands under your chair and pull up as hard as you can.
3. Push against the inside of your desk with your legs.

