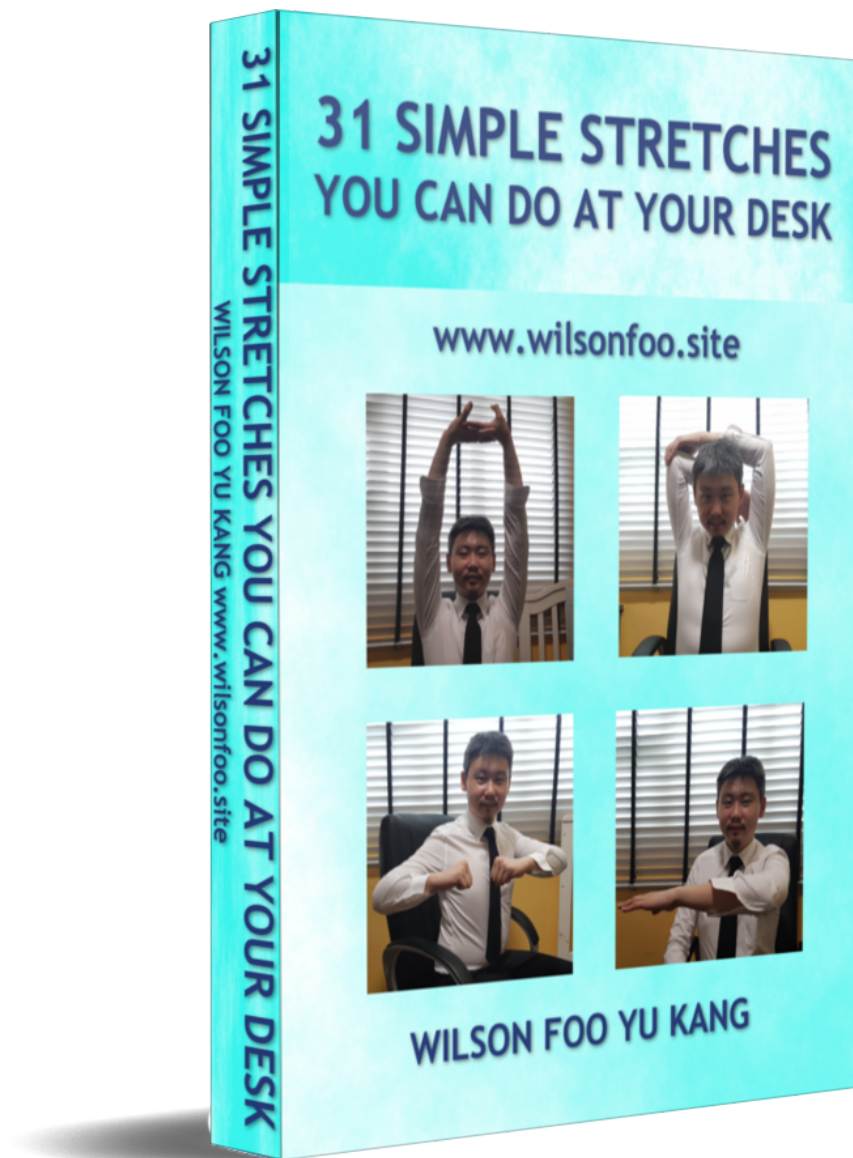


# 31 Simple Stretches You Can Do At Your Desk



Wilson Foo Yu Kang

<https://wilsonfoo.site>

# Table of Contents

<b>Table of Contents</b>	<b>2</b>
<b>Introduction</b>	<b>4</b>
<b>My story</b>	<b>4</b>
<b>Stretch 1: Interlock fingers and reach for the sky</b>	<b>6</b>
<b>Stretch 2: Touch your toes</b>	<b>7</b>
<b>Stretch 3: Reach to the left and right</b>	<b>8</b>
<b>Stretch 4: Back rotation</b>	<b>9</b>
<b>Stretch 5: Quadricep stretch</b>	<b>10</b>
<b>Stretch 6: Calf stretch</b>	<b>11</b>
<b>Stretch 7: Hamstring stretch</b>	<b>12</b>
<b>Stretch 8: Upper arm behind head stretch</b>	<b>13</b>
<b>Stretch 9: Upper arm across chest stretch</b>	<b>14</b>
<b>Stretch 10: Arms open stretch</b>	<b>15</b>
<b>Stretch 11: Arms over head stretch</b>	<b>16</b>
<b>Stretch 12: Bend backwards stretch</b>	<b>17</b>
<b>Stretch 13: Head forward stretch</b>	<b>18</b>
<b>Stretch 14: Head backward stretch</b>	<b>19</b>
<b>Stretch 15: Head side stretch</b>	<b>20</b>
<b>Stretch 16: Calf massage</b>	<b>21</b>
<b>Stretch 17: Quadriceps massage</b>	<b>22</b>
<b>Stretch 18: Hamstring massage</b>	<b>23</b>

<b>Stretch 20: Ankle downwards stretch</b>	<b>24</b>
<b>Stretch 21: Ankle upwards stretch</b>	<b>25</b>
<b>Stretch 22: Hand backwards stretch</b>	<b>26</b>
<b>Stretch 22: Hand forwards stretch</b>	<b>27</b>
<b>Stretch 23: Open fingers stretch</b>	<b>28</b>
<b>Stretch 24: Head turn stretch</b>	<b>29</b>
<b>Stretch 25: Ankle rotation</b>	<b>30</b>
<b>Stretch 26: Wrist rotation</b>	<b>31</b>
<b>Stretch 27: Elbows backward stretch</b>	<b>32</b>
<b>Stretch 28: Arms rotation</b>	<b>33</b>
<b>Stretch 29: Overhead clap</b>	<b>34</b>
<b>Stretch 30: Gluteal stretch</b>	<b>35</b>
<b>Stretch 31: Inner thigh stretch</b>	<b>36</b>
<b>Resources</b>	<b>37</b>

# Introduction

Hi, my name is Wilson Foo, the author of 31 Simple Stretches You Can Do At Your Desk.

First of all, I'd like to congratulate you for downloading this e-book. You now have before you an incredible resource to improve your work day and your physical health - 1 stretch for every day of every month.

Now, you may be wondering to yourself, how can a few simple stretches make a great impact to your workday?

Let me share with you how it has improved mine.

## My story

Have you ever felt extremely tired while working at your desk? I certainly have. Before I started writing this e-book, I was a litigation lawyer. This job sometimes entailed long hours and a great deal of stress.

The common perception of litigation lawyers is that we spend most of the day on our feet arguing in court. While that is partially true and oral arguments in courtrooms are indeed an integral part of the work, much of the time was actually spent at my desk, staring at the computer, poring through reams of documents and drafting written work.

Sitting at the same position for a long time can leave us feeling extremely weary. Staring at a screen all day long also tends to strain the neck and

© 2019 Wilson Foo Yu Kang. All rights reserved. This eBook may not be redistributed, modified, copied in any form, nor may any derivative works be made from it, except with the express written consent of the author. Except as otherwise mandated by law, no permissions are granted to the recipient of this eBook except for personal reading use. By reading and continuing to read this eBook, the reader warrants that s/he agrees to fully indemnify the author against, and hold the author free from, any loss, damage, costs (including legal costs on a solicitor-and-client indemnity basis) and anything else whatsoever arising from anything done by the reader in relation to this eBook, and that the author shall bear no liability to the reader whatsoever in relation to this eBook, including liability for negligence and/or personal injury. Where such exclusion of liability is not permitted by law, all liability of the author in relation to this eBook (including liability for negligence and/or personal injury) shall be limited to Singapore S\$0.01.



back. Not having to move around means that our legs also don't get much chance to stretch and we start to feel restless all the time.

Even at home, I worked on some other projects of my own as well. I am also an app developer and have published some desktop, web and Android apps online. Spending long hours at the desk coding on the weekends made it even worse as I did not get a break from my sedentary lifestyle.

I felt that I needed to contribute to the world by helping others in the same situation. Everybody who works, whether at home, or in an office, can benefit from stretching once in a while. This tends to relax our muscles and gives us better productivity. After a good stretch, your work may still be the same and perhaps nothing has changed - but everything has changed, because you feel more alert and able to tackle the challenges ahead.

After stretching, I feel rejuvenated and refreshed, at least for the moment. As there are 31 stretches, you can do each stretch for every day in the month - or you can do one a day. The key is to do whatever suits you the most.

May you ever be happy and relaxed as you stretch those muscles!

## Stretch 1: Interlock fingers and reach for the sky



This stretch is meant to stretch the muscles of your arm and back.

This stretch can be done sitting down.

For this stretch, first, interlock the fingers of your hands.

Next, face your palms away from you.

Then raise your hands above your head, palms facing upward, and reach towards the sky.

Hold the position for 5 seconds

Repeat this exercise for as many times as it takes to rejuvenate yourself.

Do you have back pain? Visit <https://wilsonfoo.site/LoseTheBackPain> to find out how you can lose the back pain now!

## Stretch 2: Touch your toes



This stretch is meant to stretch the muscles of your arm and back.

This stretch is meant to be done standing up.

Bend over with your arms extended downwards.

Reach down to your toes, as far as you can go.

Hold the position for 5 seconds.

Repeat this exercise for as many times as it takes to rejuvenate yourself.

Do you want to find out how to do hyperbolic stretching? Visit <https://wilsonfoo.site/HyperbolicStretchingMen> if you are a man and <https://wilsonfoo.site/HyperbolicStretchingWomen> if you are a woman!

© 2019 Wilson Foo Yu Kang. All rights reserved. This eBook may not be redistributed, modified, copied in any form, nor may any derivative works be made from it, except with the express written consent of the author. Except as otherwise mandated by law, no permissions are granted to the recipient of this eBook except for personal reading use. By reading and continuing to read this eBook, the reader warrants that s/he agrees to fully indemnify the author against, and hold the author free from, any loss, damage, costs (including legal costs on a solicitor-and-client indemnity basis) and anything else whatsoever arising from anything done by the reader in relation to this eBook, and that the author shall bear no liability to the reader whatsoever in relation to this eBook, including liability for negligence and/or personal injury. Where such exclusion of liability is not permitted by law, all liability of the author in relation to this eBook (including liability for negligence and/or personal injury) shall be limited to Singapore S\$0.01.

## Stretch 3: Reach to the left and right



This stretch is meant to stretch the muscles of your arms.

This stretch can be done sitting down.

For this stretch, first, extend your right arm to the left.

Hold the position for 5 seconds.

Next, extend your left arm to the right.

Hold the position for 5 seconds again.

Repeat this exercise for as many times as it takes to rejuvenate yourself.

Do you have shoulder pain? Find out how to eliminate shoulder pain at <https://wilsonfoo.site/ShoulderPainNoMore>

## Stretch 4: Back rotation



This stretch is meant to stretch the muscles of your back.

This stretch can be done sitting down.

Raise your elbows 90 degrees to the ground.

Twist your body to the left.

Hold the position for 5 seconds.

Next, twist your body to the right.

Hold the position for 5 seconds again.

Repeat this exercise for as many times as it takes to rejuvenate yourself.

Do you have back pain? Visit <https://wilsonfoo.site/LoseTheBackPain> to find out how you can lose the back pain now!

## Stretch 5: Quadricep stretch



This stretch is meant to stretch your quadricep (front thigh) muscles.

This stretch is meant to be done standing up.

Lift your left foot to the back of your left thigh.

Use 1 hand to hold your foot in place.

Use the other hand to hold on to something (e.g. table) to stabilise yourself.

Hold the position for 5 seconds.

Next, repeat this for the right foot.

Hold the position for 5 seconds again.

Repeat this exercise for as many times as it takes to rejuvenate yourself.

## Stretch 6: Calf stretch



This stretch is meant to stretch your calf (i.e. back of lower leg) muscles.

This stretch is meant to be done standing up.

Bend your right leg at the knee.

Extend the left leg backwards and hold the leg straight to feel the strain in your calf.

Hold the position for 5 seconds.

Next, repeat this for the other leg.

Hold the position for 5 seconds again.

Repeat this exercise for as many times as it takes to rejuvenate yourself.



## Stretch 7: Hamstring stretch



This stretch is meant to stretch your hamstring (i.e. back of thigh) muscles.

This stretch is meant to be done standing up.

Bend your right leg at the knee.

Extend the left leg forwards and hold the leg straight to feel the strain in your hamstring.

Reach forward towards your toes with your arms.

Hold the position for 5 seconds.

Next, repeat this for the other leg.

Hold the position for 5 seconds again.

Repeat this exercise for as many times as it takes to rejuvenate yourself.



## Stretch 8: Upper arm behind head stretch



This stretch is meant to stretch your upper arm muscles.

This stretch may be done sitting down.

Bend your left arm behind your head.

Grab your left elbow with your right hand and pull gently.

Hold the position for 5 seconds.

Next, repeat this for the other arm.

Hold the position for 5 seconds again.

Repeat this exercise for as many times as it takes to rejuvenate yourself.

Do you want to find out how to do hyperbolic stretching? Visit <https://wilsonfoo.site/HyperbolicStretchingMen> if you are a man and <https://wilsonfoo.site/HyperbolicStretchingWomen> if you are a woman!

© 2019 Wilson Foo Yu Kang. All rights reserved. This eBook may not be redistributed, modified, copied in any form, nor may any derivative works be made from it, except with the express written consent of the author. Except as otherwise mandated by law, no permissions are granted to the recipient of this eBook except for personal reading use. By reading and continuing to read this eBook, the reader warrants that s/he agrees to fully indemnify the author against, and hold the author free from, any loss, damage, costs (including legal costs on a solicitor-and-client indemnity basis) and anything else whatsoever arising from anything done by the reader in relation to this eBook, and that the author shall bear no liability to the reader whatsoever in relation to this eBook, including liability for negligence and/or personal injury. Where such exclusion of liability is not permitted by law, all liability of the author in relation to this eBook (including liability for negligence and/or personal injury) shall be limited to Singapore S\$0.01.

## Stretch 9: Upper arm across chest stretch



This stretch is meant to stretch your upper arm muscles.

This stretch may be done sitting down.

Hold your left arm straight and reach towards the right.

Use your right arm to hold your left arm close to your chest.

Hold the position for 5 seconds.

Next, repeat this for the other arm.

Hold the position for 5 seconds again.

Repeat this exercise for as many times as it takes to rejuvenate yourself.

## Stretch 10: Arms open stretch



This stretch is meant to stretch your chest muscles.

This stretch may be done sitting down.

Extend your left and right arms straight out.

Hold them backwards as far as you are able to.

Hold the position for 5 seconds.

Repeat this exercise for as many times as it takes to rejuvenate yourself.

Do you have shoulder pain? Find out how to eliminate shoulder pain at <https://wilsonfoo.site/ShoulderPainNoMore>

## Stretch 11: Arms over head stretch



This stretch is meant to stretch your waist muscles.

This stretch is meant to be done standing up.

Stand up with legs shoulder width apart.

Raise your right arm over your head and bend towards the left

Hold the position for 5 seconds

Next, repeat this for the other arm.

Hold the position for 5 seconds again.

Repeat this exercise for as many times as it takes to rejuvenate yourself.

## Stretch 12: Bend backwards stretch



This stretch is meant to stretch your back muscles.

This stretch may be done sitting down.

Bend your back backwards as far as you can go without feeling uncomfortable.

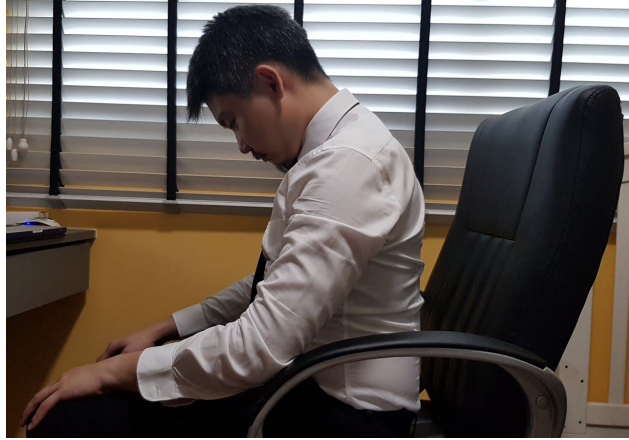
Hold the position for 5 seconds

Repeat this exercise for as many times as it takes to rejuvenate yourself.

Do you have back pain? Visit <https://wilsonfoo.site/LoseTheBackPain> to find out how you can lose the back pain now!



## Stretch 13: Head forward stretch



This stretch is meant to stretch your neck muscles.

This stretch may be done sitting down.

Bend your head forwards as far as you can go without feeling uncomfortable.

Hold the position for 5 seconds

Repeat this exercise for as many times as it takes to rejuvenate yourself.

Do you want to find out how to do hyperbolic stretching? Visit <https://wilsonfoo.site/HyperbolicStretchingMen> if you are a man and <https://wilsonfoo.site/HyperbolicStretchingWomen> if you are a woman!

## Stretch 14: Head backward stretch



This stretch is meant to stretch your neck muscles.

This stretch may be done sitting down.

Bend your head backwards as far as you can go without feeling uncomfortable.

Hold the position for 5 seconds

Repeat this exercise for as many times as it takes to rejuvenate yourself.

Do you want to find out how to do hyperbolic stretching? Visit <https://wilsonfoo.site/HyperbolicStretchingMen> if you are a man and <https://wilsonfoo.site/HyperbolicStretchingWomen> if you are a woman!

## Stretch 15: Head side stretch



This stretch is meant to stretch your neck muscles.

This stretch may be done sitting down.

Tilt your head left as far as you can go without feeling uncomfortable.

Hold the position for 5 seconds

Next, repeat this for the other side

Hold the position for 5 seconds again

Repeat this exercise for as many times as it takes to rejuvenate yourself.

Do you have back pain? Visit <https://wilsonfoo.site/LoseTheBackPain> to find out how you can lose the back pain now!



## Stretch 16: Calf massage



This stretch is meant to massage your calf (i.e. back of lower leg) muscles.

This stretch may be done sitting down.

Using your thumbs and your fingers, squeeze your left calf repeatedly

Next, repeat this for the other side.

Repeat this exercise for as many times as it takes to rejuvenate yourself.

## Stretch 17: Quadriceps massage



This stretch is meant to massage your quadricep (i.e. front of thigh) muscles.

This stretch may be done sitting down.

Using your thumbs and your fingers, squeeze the front of your left thigh repeatedly

Next, repeat this for the other side.

Repeat this exercise for as many times as it takes to rejuvenate yourself.

Do you want to find out how to do hyperbolic stretching? Visit <https://wilsonfoo.site/HyperbolicStretchingMen> if you are a man and <https://wilsonfoo.site/HyperbolicStretchingWomen> if you are a woman!

## Stretch 18: Hamstring massage



This stretch is meant to massage your hamstring (i.e. back of thigh) muscles.

This stretch may be done sitting down.

Using your thumbs and your fingers, squeeze the back of your left thigh repeatedly

Next, repeat this for the other side.

Repeat this exercise for as many times as it takes to rejuvenate yourself.

## Stretch 20: Ankle downwards stretch



This stretch is meant to stretch your ankle.

This stretch may be done sitting down.

Extend your left leg and bend your left ankle downwards as far as you can go without feeling uncomfortable.

Hold the position for 5 seconds.

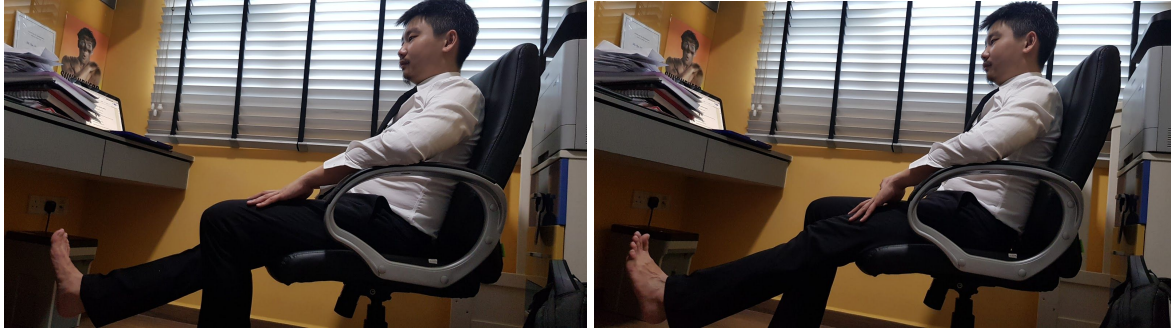
Next, repeat this for the other ankle.

Hold the position for 5 seconds again.

Repeat this exercise for as many times as it takes to rejuvenate yourself.



## Stretch 21: Ankle upwards stretch



This stretch is meant to stretch your ankle.

This stretch may be done sitting down.

Extend your left leg and bend your left ankle upwards as far as you can go without feeling uncomfortable.

Hold the position for 5 seconds.

Next, repeat this for the other ankle.

Hold the position for 5 seconds again.

Repeat this exercise for as many times as it takes to rejuvenate yourself.

## Stretch 22: Hand backwards stretch



This stretch is meant to stretch your wrist muscles.

This stretch may be done sitting down.

Bend your left hand backward as far as you can go without feeling uncomfortable, holding it with the other hand.

Hold the position for 5 seconds.

Next, repeat this for the other hand.

Hold the position for 5 seconds again.

Repeat this exercise for as many times as it takes to rejuvenate yourself.

Do you want to find out how to do hyperbolic stretching? Visit <https://wilsonfoo.site/HyperbolicStretchingMen> if you are a man and <https://wilsonfoo.site/HyperbolicStretchingWomen> if you are a woman!

## Stretch 22: Hand forwards stretch



This stretch is meant to stretch your wrist muscles.

This stretch may be done sitting down.

Bend your left hand forward as far as you can go without feeling uncomfortable, holding it with the other hand.

Hold the position for 5 seconds.

Next, repeat this for the other hand.

Hold the position for 5 seconds again.

Repeat this exercise for as many times as it takes to rejuvenate yourself.

## Stretch 23: Open fingers stretch



This stretch is meant to stretch your finger muscles.

This stretch may be done sitting down.

Open your fingers as far as you can without feeling uncomfortable.

Hold the position for 5 seconds.

Repeat this exercise for as many times as it takes to rejuvenate yourself.

Do you want to find out how to do hyperbolic stretching? Visit <https://wilsonfoo.site/HyperbolicStretchingMen> if you are a man and <https://wilsonfoo.site/HyperbolicStretchingWomen> if you are a woman!



## Stretch 24: Head turn stretch



This stretch is meant to stretch your neck muscles.

This stretch may be done sitting down.

Turn your head to the left.

Hold the position for 5 seconds.

Next, repeat this for the other side.

Hold the position for 5 seconds again.

Repeat this exercise for as many times as it takes to rejuvenate yourself.

Do you have shoulder pain? Find out how to eliminate shoulder pain at <https://wilsonfoo.site/ShoulderPainNoMore>

## Stretch 25: Ankle rotation



This exercise is meant to work your ankle.

This stretch may be done sitting down.

Lift up your left ankle.

Rotate it counterclockwise 5 times.

Rotate it clockwise 5 times.

Next, repeat this for the other ankle.

Repeat this exercise for as many times as it takes to rejuvenate yourself.

## Stretch 26: Wrist rotation



This exercise is meant to work your wrist muscles.

This exercise may be done sitting down.

Rotate your left wrist counterclockwise 5 times.

Rotate your left wrist clockwise 5 times.

Next, repeat this for the other wrist.

Repeat this exercise for as many times as it takes to rejuvenate yourself.

## Stretch 27: Elbows backward stretch



This stretch is meant to stretch your back muscles.

This stretch may be done sitting down.

Place your hands on your waist such that your elbows are sticking out.

Stretch your elbows backwards as far as you can without feeling uncomfortable.

Hold the position for 5 seconds.

Repeat this exercise for as many times as it takes to rejuvenate yourself.

Do you have back pain? Visit <https://wilsonfoo.site/LoseTheBackPain> to find out how you can lose the back pain now!

## Stretch 28: Arms rotation



This exercise is meant to work your arm and shoulder muscles.

This exercise may be done sitting down.

Extend your left and right arms straight out.

Rotate your arms forward 5 times.

Rotate your arms backwards 5 times.

Repeat this exercise for as many times as it takes to rejuvenate yourself.

Do you have shoulder pain? Find out how to eliminate shoulder pain at <https://wilsonfoo.site/ShoulderPainNoMore>



## Stretch 29: Overhead clap



This exercise is meant to work your arm and shoulder muscles.

This exercise may be done sitting down.

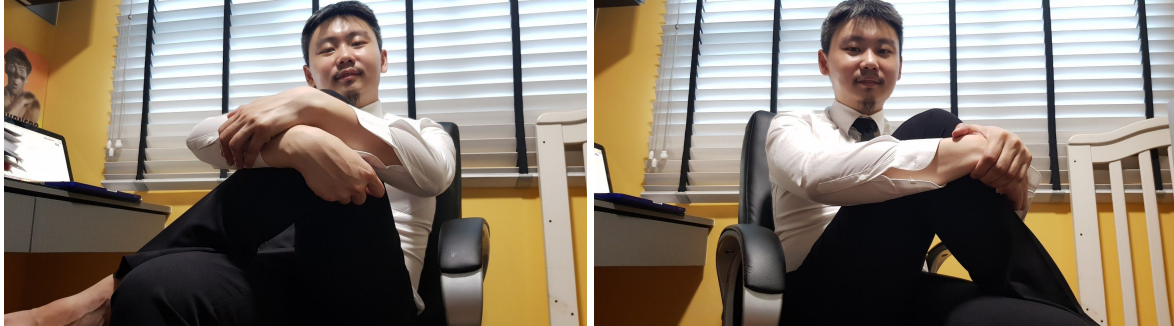
Extend your left and right arms straight out.

Clap your hands above your head, keeping your arms straight, 5 times.

Repeat this exercise for as many times as it takes to rejuvenate yourself.

Do you have back pain? Visit <https://wilsonfoo.site/LoseTheBackPain> to find out how you can lose the back pain now!

## Stretch 30: Gluteal stretch



This stretch is meant to stretch your gluteal muscles

This stretch may be done sitting down.

This stretch should only be done if you are wearing pants.

Cross your left leg over your right leg.

Hug your left knee to your chest as far as you can without feeling uncomfortable.

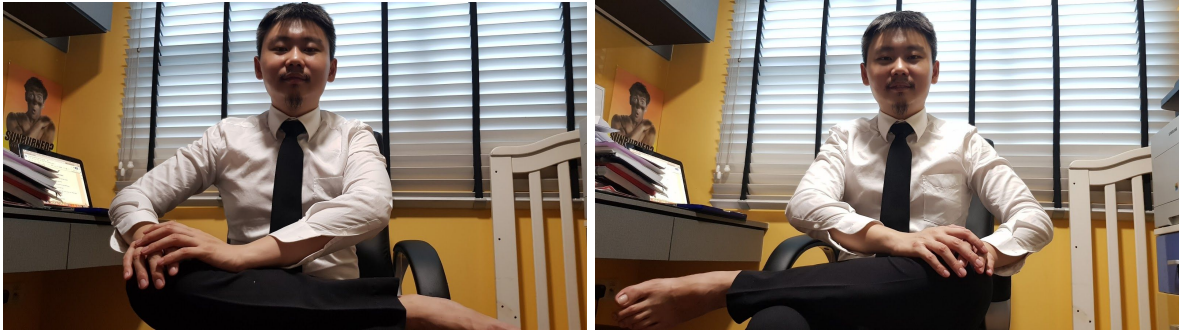
Hold the position for 5 seconds.

Next, repeat this for the other knee.

Hold the position for 5 seconds again.

Repeat this stretch for as many times as it takes to rejuvenate yourself.

## Stretch 31: Inner thigh stretch



This stretch is meant to stretch your inner thigh muscles

This stretch may be done sitting down.

This stretch should only be done if you are wearing pants.

Rest your left ankle on your right knee.

Push your left knee gently down as far as you can without feeling uncomfortable.

Hold the position for 5 seconds.

Next, repeat this for the other knee.

Hold the position for 5 seconds again.

Repeat this stretch for as many times as it takes to rejuvenate yourself.



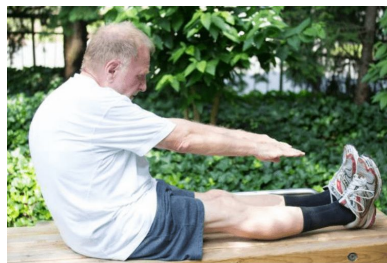
# Resources



## [Shoulder Pain No More!](#)



## [Lose the Back Pain!](#)



STARTING POINT DOES NOT MATTER

## [Hyperbolic Stretching for Men!](#)



IS THIS YOUR CASE?

## [Hyperbolic Stretching for Women!](#)

© 2019 Wilson Foo Yu Kang. All rights reserved. This eBook may not be redistributed, modified, copied in any form, nor may any derivative works be made from it, except with the express written consent of the author. Except as otherwise mandated by law, no permissions are granted to the recipient of this eBook except for personal reading use. By reading and continuing to read this eBook, the reader warrants that s/he agrees to fully indemnify the author against, and hold the author free from, any loss, damage, costs (including legal costs on a solicitor-and-client indemnity basis) and anything else whatsoever arising from anything done by the reader in relation to this eBook, and that the author shall bear no liability to the reader whatsoever in relation to this eBook, including liability for negligence and/or personal injury. Where such exclusion of liability is not permitted by law, all liability of the author in relation to this eBook (including liability for negligence and/or personal injury) shall be limited to Singapore S\$0.01.