
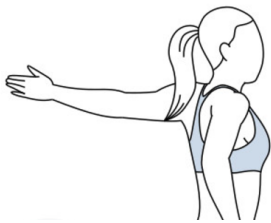
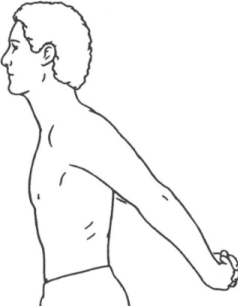


Stop & Take an **ERGO** Break

#9: Chest & Shoulders

Here are a number of chest and shoulder exercises that will help stretch muscles that are commonly overworked at an office desk related job. Do not do any stretches that cause pain!

<p>Pectoral Muscle</p> 	<p>Place your hand in the doorframe while keeping one elbow bent. Slowly rotate your body away from your hand, so you feel a gentle stretch along your pectoral muscles. Be sure to keep the weight of your body in your legs – don't push against the door frame. If you need to step forward a bit, that's ok. Hold for 20 seconds, release, and repeat on the other side.</p>
<p>Pectoral Muscle</p> 	<p>Place one palm on the wall so it's in line with your shoulder, and point your fingers behind you. While keeping your hand firmly planted on the wall, open your other shoulder by rotating away from the wall until you feel a stretch. You may want to bend your other arm to deepen the stretch. Hold for 30 seconds, release, and repeat on the other side.</p>
<p>Deltoid Muscle</p> 	<p>Bring your arms back and squeeze your shoulder blades together and down. Keep yourself in a good postural alignment, looking forward. Hold for 15 seconds, release, and repeat on the other side.</p> <p>Repeat sequence 5 times.</p>