

PHONE STRETCHES (STANDING)

APPROXIMATELY 1½ MINUTES

- Stretch until you feel a bit of tension in your muscles.
- Hold it until you relax a bit.
- Then push gently a little farther.
- Concentrate on how your muscles and tendons feel.
- The “no gain no pain” principle does not apply to stretching.
- Breathe slowly and rhythmically.
- Practice bringing your phone up to eye level.



5 seconds
3 times
(page 46)



5–10 seconds each side
(page 92)



5 seconds each side
(page 44)



10–20 seconds (page 47)



5–10 seconds each arm
(page 47)



10–12 seconds 2 times
(page 46)



5–10 seconds each arm
(page 47)