

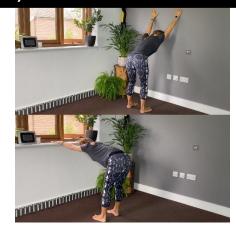
## **Quick Desk Reset** (please see accompanying video for full flow)

## 1) Distal Hamstring activation





## 2) Wall or Windowsill stretch



6) Spinal rotations



Safe to complete daily

Your stiffness will ease with regular intentional movement

> Any questions? Please ask













