

# The "Charette" Office Workout

## Y to W Raise



- Stand up tall with arms making the "touchdown" sign.
- Lower your arms while you pinch your shoulder blades.

**10 repetitions**

## Back Extension



- Stand up tall, shoulder-width stance, with hands on hips.
- Lean back slowly and with control.

**10 repetitions**

## Standing Hip Flexor Stretch



- Start in a lunge position and shift weight onto front leg.
- Maintain upright posture, point with your hips.

**Hold for 20 seconds each side**

## Wrist Circles



- Keep your arms close to your body, elbows at 90 degrees.
- Make clockwise and counter clockwise circles with each hand.

**10 repetitions each direction**

## Heel Raises



- Stand up tall holding onto a sturdy object for balance.
- Keep your knees straight, raise onto toes, then slowly lower.

**10 repetitions**

## Thumb to Finger Tips



- Touch the top of each finger with your thumb and repeat.

**5 repetitions each hand**

### Warm-ups prepare the body for work:

- Warmer muscles contract more forcefully, relax more quickly and reduce the risk of injury. Additionally, warmer muscles disrupt tissue adhesions.
- Increases heart rate and improves circulation by dilating blood vessels.
- Increases the amount of synovial fluid around joints, lubricates the joints, and supports movement.
- Improves mental focus, situational awareness, and concentration by increasing Serotonin and Dopamine.