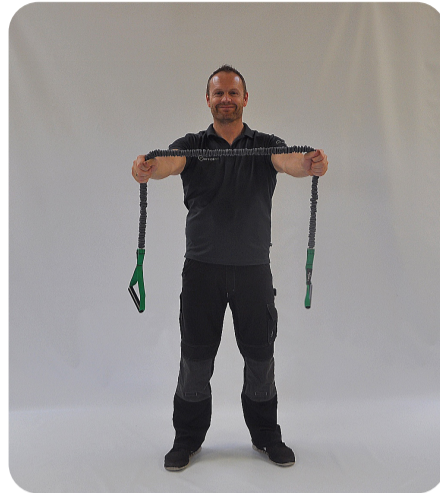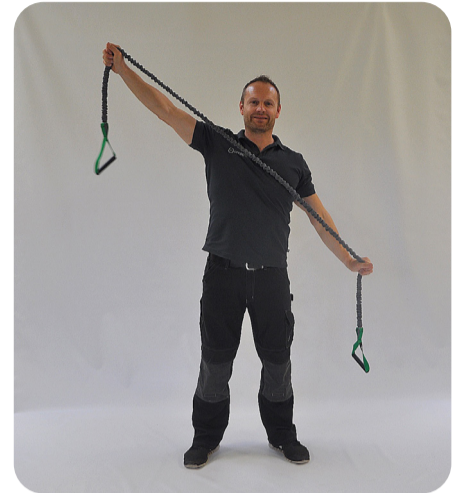# POWERBREAK

SHOULDER | BACK

1. Hold the band in both hands in front of the body.

2. Pull the band diagonally, up/down.

3. Change side, so you constantly "draw" an X in front of you with the band.

1   **2**   **3**

1. Hold the band with the distance of the shoulder width.

2. Stretch the band as you move it above your head.

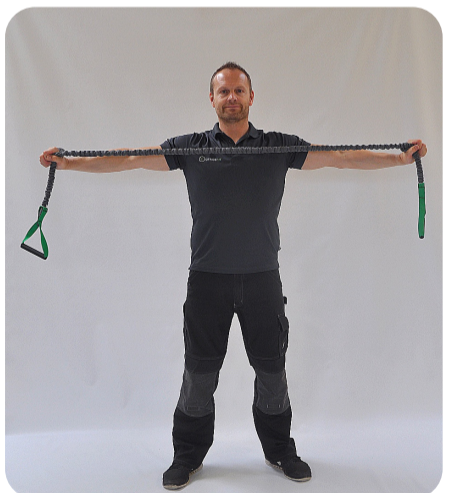3. Move the band behind the neck while stretching

1   **2**   **3**

1. Hold the band in front of you in the height of your shoulders and with a shoulder width grip.

2. Fold the band into two layers as in picture 1 or in one layer as in picture 2.

3. Move the arms to each side and backwards – feel the shoulder blades meet.

1   **2**   **3**

THE GOOD STRETCH

1. Stretch one arm straight forward. Use the other arm to pull it against the body.

2. You must feel a stretch in the shoulder muscle. Keep the stretch for 15-30 sec.

OFFICEFIT
STAY ACTIVE WHILE WORKING