



Quick stretching exercise – in just 2 minutes:

1. Neck stretch (30 seconds)

- Sit upright and place your right hand on the left side of your head.
- Gently pull your head towards your right shoulder and feel the stretch in your neck.
- Hold for 15 seconds, then change sides.

2. Shoulder rolling movements (30 seconds)

- Sit or stand up straight.
- Lift both shoulders upwards, roll them backwards and let them fall downwards.
- Repeat this movement 10 times, then change direction (roll forwards).

3. Chest opening in sitting position (30 seconds)

- Interlace your fingers behind your back.
- Pull your arms back slightly, open your chest and lift your chin slightly.
- Hold the stretch for 30 seconds.

4. Lateral upper body stretch (30 seconds)

- Sit or stand upright.
- Stretch your right arm over your head and bend slightly to the left.
- Hold for 15 seconds, then change sides.

5. Wrist stretch (30 seconds)

- Stretch your right arm forwards, palm facing upwards.
- Gently pull each finger down individually with your left hand.
- Hold for 15 seconds, then change sides.