

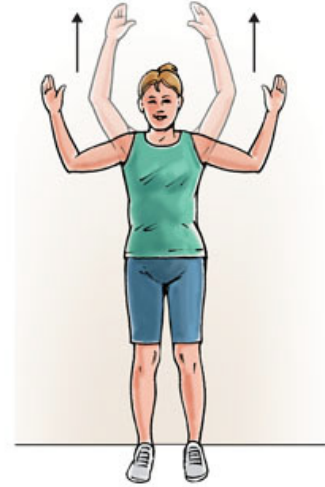
Exercises for the Workplace



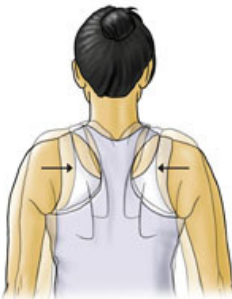
Pectoralis stretch



Thoracic extension



Arm slide on wall



Scapular squeeze



Wrist stretch



Scalene stretch

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