gissat

UC 2026

Map Break: Desk Stretches

Between sessions? Six moves, about three minutes. Move gently and stop if anything hurts.

1 Neck tilt



Ear towards shoulder. Hold 15 s each side.

2 Overhead reach



Interlace fingers, push palms to the sky. 3 deep breaths.

3 Side bend



One arm up and over. Hold 15 s, switch sides.

4 Shoulder rolls



Roll shoulders back 10 times, then forward 10.

5 Seated twist



Hand on chair back, rotate gently. 15 s per side.

6 Wrist stretch



Arm out, gently pull fingers back. 15 s each hand.