BODY EXERCISES: Perform 15-20 Reps for 2-3 Sets

Upper Back:
Start with arms straight out in front and open arms squeezing shoulder blades together.

Shoulder:
With elbows bent and at your side, spread your hands apart by pivoting at your elbow outward.

OFFICE CHECKLIST

☐ FINGER TIPS TO MONITOR
☐ EYES LEVEL WITH TOP LINE OF TEXT
☐ MONITOR CENTERED
☐ AVOID GLARE
☐ FOREARM, HAND, AND FINGERS POINT DOWN TO KEYBOARD
☐ LUMBAR SUPPORT PROPERLY ALIGNED WITH YOUR NATURAL CURVE
☐ HIP ANGLE 90 DEGREES OR GREATER
☐ KNEE ANGLE 90 DEGREES, WITH 2 INCHES OF CLEARANCE BEHIND KNEE
☐ FEET PARALLEL AND FIRMLY SUPPORTED ON FLOOR OR FOOTREST

For your 21-Day Challenge, write the body exercise completed for the given day.