EXPRESS CHAIR STRETCHING

PERFORM 15-30 SECONDS, 2-3 Sets

1. Neck
   Chin to the ceiling.

2. Wrist
   Repeat with fingers down.

3. Chest
   Squeeze shoulder blades together.

4. Spine
   Keep back straight.

5. Hip
   Lean forward for more of a stretch.

For your 21-Day Challenge, add the number of stretch for the given day.

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