

full body mobility

SEROTONIN SEVEN

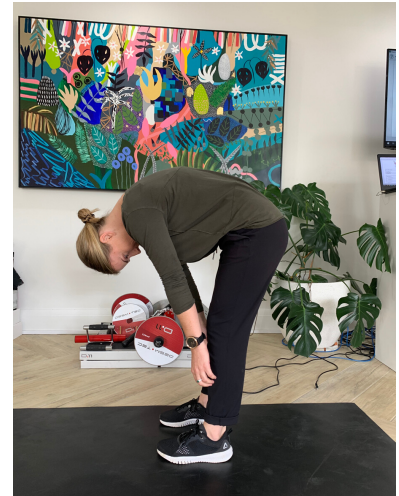
This short mobility piece will guide you through seven exercises designed to keep you active and break up your day as you work from home.

The exercises work down from head to toe to ensure full body mobilisation.



Roll down

Stand. Bring your chin to your chest then roll down through each part of your spine. Make your arms heavy and let them pull you slowly toward the ground. You should feel each segment of your spine articulate on the one below it. Slowly roll back up, leaving your head for last. Repeat x10.



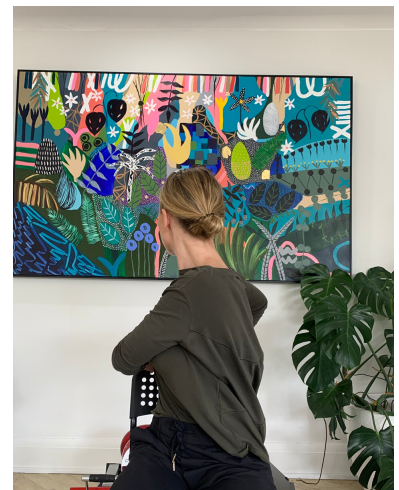
Neck MET

Bring your right ear to your right shoulder. Place your right hand on your left ear. Push into your hand for 10seconds. Relax and feel yourself move deeper to the right. Repeat your 10second push in this position. Do this three times/side. You will feel yourself move deeper into your stretch each time.



Thoracic rotation

Sit in your chair with your feet firmly on the ground. Rotate to the left and take hold of the chair's back rest. Use this hold to pull yourself further into rotation. Hold for 30seconds, pulling yourself around the whole time. Repeat on your right side.



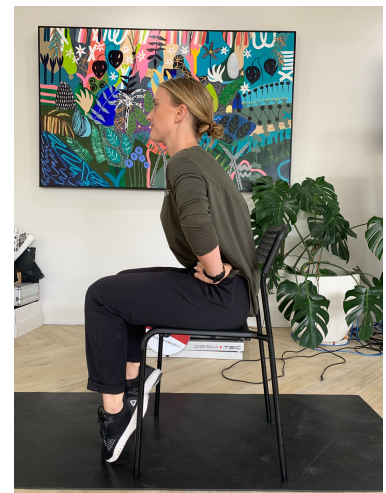
Pec stretch

Move your chair two steps out from the desk. Extend your arms overhead, place your hands on your desk and push your head and chest through towards the ground. Hold for 60seconds.



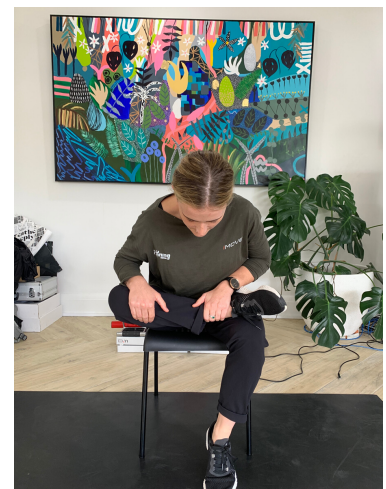
Pelvic rocks

Sit tall in your chair. Rock your pelvis forward so that you rock forward on your sit bones and arch your lower back. Tilt your pelvis backward in the opposite direction and curl through your lower back to reverse the movement. Gently move back and forth between these positions for 60seconds.



Glute stretch

Sit tall. Lift your left foot and place it onto your right quad in a figure 4 position. Gently push down on your left knee and slowly lower your body forward over your hip. Hold for 30seconds then repeat on your right side.



Hip opener into quad stretch

Stand tall. Lift your right leg to 90degrees then open it out to the side and lower, as if you are lifting it over a gate. Lift your hip again to bring your leg back into the middle. Repeat this out and in movement twice then bend your knee behind you, pick up your foot and hold for a quad stretch for 20seconds.



Spend a minute on each exercise to complete your
Serotonin Seven, daily.

Couple this routine with regular breaks from your desk
throughout the day, and vary your desk set up as much as
possible.

Keep moving.

