

Feeling stressed or tense during a long day in the office? Experiencing tightness in your joints and back? A few minutes with Office Stretch HD will provide the relief you are looking for. The human body is not designed to sit for hours on end and most people simply don't stretch enough. Office Stretch HD was designed to provide you with a comprehensive total body stretch routine that you can do in the office or on the go. These simple stretches are proven to better circulation, blood pressure, respiratory rate and your overall wellbeing. Features: 16 Stretches - 8 Seated -8 Standing, Written & Audio Descriptions of Each Exercise, HD Video, Seated Shoulder Rotations, Torso Twist, Arms -Traps/Pecs, Hamstring, Fingers/forearms, Tricep/Deltoid, Neck, Standing Lat Stretch, Trapezius, Pectoralis/Bicep, Quadriceps, Hip flexor, and Calf Glutes.