

# TONE UP AT YOUR COMPUTER

## Exercises for Girls and Guys

These exercises can be done at your computer in a matter of minutes. No special skills or athletic abilities are required. You can even do the exercises while you're watching TV!

For best results, supplement them with a balanced program of regular cardiovascular exercise and sound nutrition.

## Warm up Exercises

**Shake:** Loosen up by moving your neck, shoulders, arms, thighs, legs and feet. Promotes blood circulation through the body.

**Reach:** Slowly raise your arms and draw the stomach fully in. Then let your arms drop. Repeat twice. A good stretch for the rib cage and can help posture.

**Deep Breathing:** Close your eyes and direct your attention to the breathing process. Think of nothing but your breathing. Inhale deeply through the nose and exhale forcefully out the mouth. Repeat six times. Benefit: Aids in relaxing and reducing tension.

**Tensing the Muscles:** Most people generally have very little awareness of the sensation of relaxation. Therefore, you must first produce tension sensations, then slowly release them. This will allow you to feel the difference internally between tension and relaxation.

### 1. Neck

Let your head drop slowly to the left, then to the right. Slowly drop your chin to your chest and then raise your chin as high as you can. Turn your head all the way to the left, return it to the normal position and then turn your head all the way to the right. Return to normal position.

Benefit: Stimulates the neck muscles to alleviate a stiff neck.



### 2. Shoulder Roll

Slowly roll your shoulders forward five times in a circular motion using your full range of movement. Then roll your shoulders backward with the same circular motion.

Benefit: Releases nervous tension buildup in neck and shoulders.

### 3. Arm Circles

Raise your arms out to the side with your elbows straight. Slowly rotate your arms in small circles forward and then backward.

Benefit: To increase joint mobility in the shoulders.



### 4. Pectoral Stretch

Grasp your hands behind your neck and press your elbows back as far as you can. Return to starting position, then drop arms and relax. Repeat.

Benefit: Good stretch to do when you find yourself slouching. Stretches the front of your chest.



### 5. Upper Arm Stretch

Grasp hands behind your back. Straighten and lock your elbows. Lift your arms as high as you can. Repeat 3 times.

Benefit: This is great for rounded shoulders and gives an immediate feeling of energy.



### 6. Upper Back Stretch

Sit on a chair with your hands on your shoulders. Try to cross your elbows in front of you until you feel the stretch across your upper back. Return to starting position, drop your hands, relax. Repeat.

Benefit: Reduce muscle stiffness of the upper back.



### 7. Side Stretch

Interlace your fingers. Lift your arms up over your head keeping your elbows straight. Press your arms backwards as far as you can. Then slowly lean first to the left and then to the right until you can feel the stretch along the sides of your body.

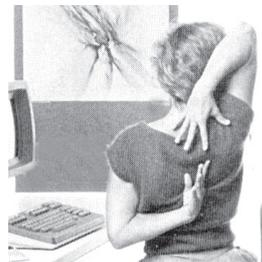
Benefit: Will stretch the muscles along side of your body from your arm to your hips.



### 8. Shoulder Stretch

Bring your right hand to your upper back from above. Bring your left hand to your upper back from below and hook fingers of your two hands. Repeat to the other side.

Benefit: It reduces tension and increases flexibility.



### 9. Wrist Flex

Put your elbow on a table with your hand raised. With your other hand, hyperextend your wrist to bend your hand so that the back of your hand is aiming to the top of your forearm. Repeat with opposite hand.

Benefit: This releases tension in your hand and wrist.



## 10. Fingers

With palms down, spread your thumb and fingers as far apart as you can. Hold it for the count of five. Relax. Repeat.  
Benefit: To release the tension build-up in your hands and fingers.



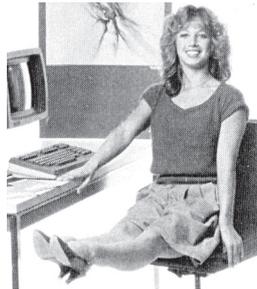
## 11. Derrière Firmer

Place hands on chair, feet flat on the floor, and lift your hips and buttocks up. Tighten your buttocks. Hold for 5 seconds, then sit back and relax. Repeat twice.  
Benefit: To firm and tone your legs and buttocks.



## 12. Strengthen the Quadriceps

Bring legs straight out in front of body to hold an L-shape position. Hold for 5 seconds and make sure you are sitting up straight with good posture. Relax. Repeat.  
Benefit: Strengthen the quadriceps and abdominal muscles.



## 13. Back Relaxer

Sit on chair. Drop your neck, your shoulders and your arms, then bend down between your knees, as far as you can. Return to upright position, straighten out and relax.  
Benefit: This will take pressure off your lower back.



## 14. Trunk Twists

Holding arms up, turn at your trunk. Turn your head in the direction of your trunk. Twist 3 times in each direction.  
Benefit: Excellent for trimming the waistline and improving flexibility.



## 15. Windmill

Sit in a chair. Place your feet apart on the floor. Bend over and touch your right hand to your left foot with your left arm extended up. Alternate sides repeatedly.  
Benefit: To trim your hips and waistline.



## 16. Knee Kiss

Sit in a chair. Pull one leg to your chest, grasp with both hands and hold for the count of five. Repeat with opposite leg.  
Benefit: Excellent stretch for the hamstrings.



## 17. Trimming the Waist

Interlace fingers behind your neck. Lift right knee, and touch the left elbow to the right knee. Alternate sides repeat 5 times.  
Benefit: Trim and tone the waistline.



## 18. For Your Arms

Bend your elbows, parallel to the floor fingers in front of chest. Then push arms way out to the sides with arms straight. (Try to push arms as far as possible.) Repeat 5 times. Keep firm.  
Benefit: Tones the muscles of the arms.

## 19. Middle-Upper Back Stretch

Hold your right arm just above the elbow with your left hand. Now gently pull your elbow toward your left shoulder as you feel the stretch. Hold stretch for 5 seconds. Do both sides.  
Benefit: To stretch and increase flexibility of the middle-upper back.



## 20. Hug Yourself

Cross arms in front of chest and reach fingertips towards your shoulder blades.  
Benefit: Relieves tension from shoulders.



*Presented by:*

**[www.computertraining.nz](http://www.computertraining.nz)  
and  
[www.pctutorweb.com](http://www.pctutorweb.com)**

**Windows & Apple Mac tuition for  
Adobe, Apple, Microsoft apps**

Please check our web sites for information on  
programs and courses

email: [pctutor@clear.net.nz](mailto:pctutor@clear.net.nz)

© Copyright 2000