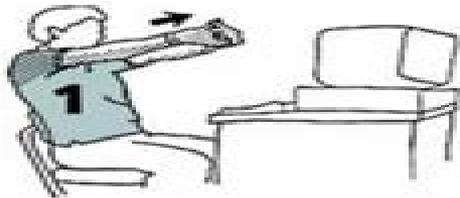


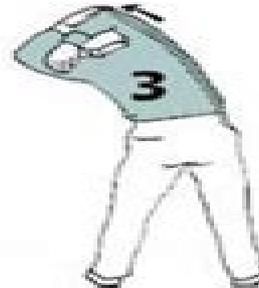
# COMPUTER AND DESK STRETCHES



10-20 seconds  
2 times



10-15 seconds



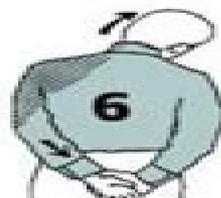
8-10 seconds  
each side



15-20 seconds



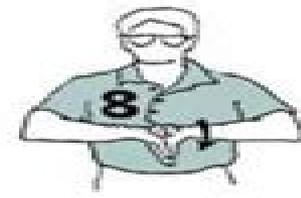
3-5 seconds  
3 times



10-12 seconds  
each arm



10 seconds



10 seconds



8-10 seconds  
each side



8-10 seconds  
each side



10-15 seconds  
2 times



Shake out hands  
8-10 seconds

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**Padhraic Smyth**



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