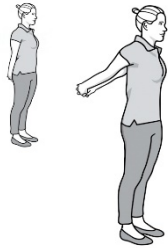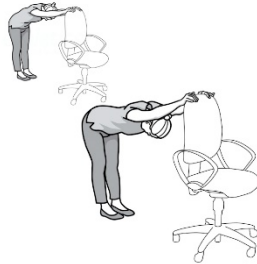# ACTIVE WORKPLACE

UPPER AND LOWER BACK

SHOULDER MOBILIZATION

BACK STRETCH

BACK ACTIVATION

HYPEREXTENSION

HIP STRETCH

HIP MOBILIZATION

BACK STABILIZATION

UPPER BODY ROTATION

REPETITION:	8-12 Repetitions for moving exercises, 30 seconds for static exercises
NOTICE:	You can do 1-3 runs per exercise