

60-second **de-stress** stretching

by DAREBEE @ darebee.com
Repeat each one for 10 seconds.

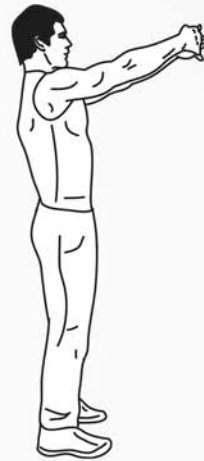
back stretch



shoulder rotations



arm stretch



chest expansion



overhead reach



forward bend

