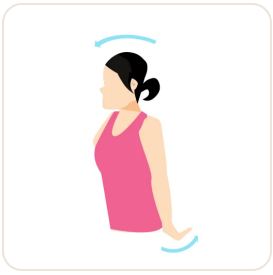
Stretch Minute

stretchminute.com

6 stretches for developers and long coding sessions

About 5 minutes | 6 stretches | Standing, seated or kneeling | uses a wall

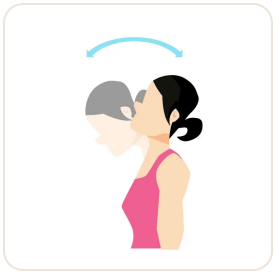
When: While a build or a test run finishes, after a long meeting, or mid-afternoon. Move slowly into each stretch and breathe; a gentle stretch is enough.



1. Wrist and Forearm Stretch

20 s each side

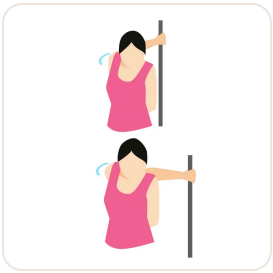
Straighten one arm in front of you. With the other hand, gently bend the wrist back.



2. Chin to Chest

25 s

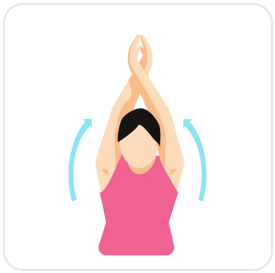
Sit or stand tall. Place a hand behind your head and gently guide your chin toward your chest.



3. Chest Stretch

20 s each side

Place one hand on a wall at shoulder height. Slowly turn your body away until your chest opens.



4. Overhead Side Reach

20 s each side

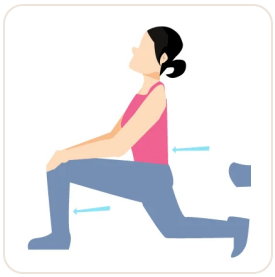
Link your hands overhead and lean gently to one side. Feel the stretch along your side.



5. Seated Twist

20 s each side

Sit with one leg straight and cross the other foot over it. Turn toward the bent knee and hold.



6. Hip Flexor Stretch

25 s each side

Kneel on one knee with the other foot in front. Press your hips gently forward, keeping your torso upright.

Days done

	M	T	W	T	F	S	S
Week 1							
Week 2							

Do it guided, free

Scan to open “Developers” in the Stretch Minute app, with a timer and voice guidance.

stretchminute.com/r/developers

Stretch gently and stop if anything hurts. Stretch Minute is not medical advice. If you are injured, pregnant or have a medical condition, check with a doctor first.

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