

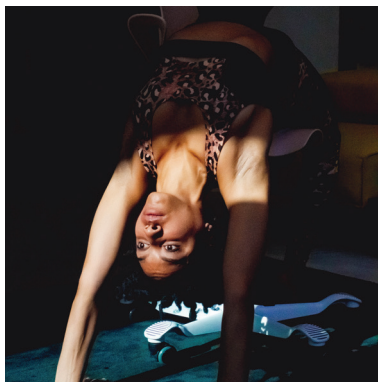
## Desk exercises – with HÅG Capisco

Now that we are working from home en-masse and our social (outdoor) lives have come to a standstill, we all crave a little bit of movement. Working from home offers less variety: we no longer run from one meeting to another, we are not commuting to work, and ultimately we are sitting still longer. The HÅG Capisco understands this and inspires you to endless postural variation. It is a chair that does away with traditional ideas, is headstrong, stubborn and is always up for movement.

What's more, it not only allows you to work with more movement, it can be used as part of your daily exercise routines, helping you to take care of your body.

We've put together a collection of stretches and exercises which work perfectly with the HÅG Capisco, stretching and strengthening muscles and tendons which are put under pressure when working long hours at a desk.

Whilst we devised these exercises to take advantage of the unique qualities of the HÅG Capisco, that shouldn't stop you from having a go at these exercises on your traditional office chair.



### ① SET UP YOUR CHAIR

Sit on your chair with your back straight. Adjust height so that both feet are placed firmly on the floor.

### ② THE CAT-COW STRETCH

With your back straight and feet on the floor, inhale, arching your back, facing the ceiling and dropping your shoulders. This is the cow position. On the exhale, round your spine the other way, letting your head and shoulders come forward. This is the cat. Continue breathing, shifting posture from cat to cow for five slow controlled breathes. **Benefits:** Improves spinal flexibility and abdominal strength



### ③ RAISE YOUR HANDS AND BREATHE

On inhalation, raise arms straight up keeping head level. Keep your shoulders relaxed and let your shoulder blades slide down your back as you reach up with your fingertips. Breathe deep and relax into the pose. Hold it as long as is comfortable, keeping your alignment straight at all times. **Benefits:** Improves posture, opens shoulders and strengthens thighs.

### ④ THE FORWARD BEND

On exhalation, move into a forward bend, over the legs as far as you can manage. Place your hands as close to your ankles as you can manage, letting your head hang heavy. Repeat the last two steps several times. **Benefits:** Stretches and lengthens the hamstrings.

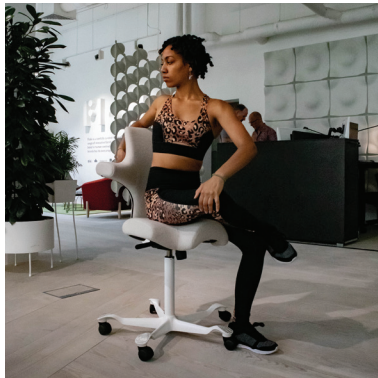


### ⑤ THE TWIST

Sit sideways on your chair, facing the left. Now twist your torso towards the chair, holding the back. On inhale lengthen your spine, and twist on each exhale. Repeat for five breaths, then switch to the right side. **Benefits:** Opens the shoulders, neck and hips while stretching the spine.

### ⑥ SEATED CRESCENT MOON

Return to facing the front. Hold your back straight and, raising your arms above your head and connect palms, stretching fingers wide. Lean to the right inhaling and exhaling 2 to 3 times. Return to straight up repeat on the left. Take a rest and then repeat. **Benefits:** Strengthen and opens the sides, lengthening the spine.



### ⑦ WRIST AND FINGER STRETCH

Extend arms to the side or above your head and draw circles by rotating your wrists, 5 seconds inwards and 5 seconds outwards. After, spread fingers and then clench into a fist. Repeat 5 to 10 times. **Benefits:** Relieves muscle and tendon tension in fingers wrists and hands.

### ⑧ CLENCHES

Sitting straight, tighten your glutes for 10 seconds, and then relax. Repeat several times. **Benefits:** strengthen the glute muscles.

### ⑨ THE WOODEN LEG

With your feet firmly on the floor, stretch one leg out straight and lift gently. Hold in the air for a moment, then lower, but do not let your ankle touch the floor. Do this 15 times per leg. **Benefits:** stretches the hamstrings and improves core strength, including abdominal muscles.

### ⑩ THE COOL DOWN

Sitting straight relax all your muscles, resting your arms on your legs. Close your eyes and breathe slowly and deeply. Try to be aware of everything happening to your body. Do this for a couple of minutes. **Benefits:** A micro-meditation, instilling calm to your body and mind before continuing with your working day.

