

FASCIA REBALANCE PROTOCOL FOR SEATED OFFICE WORKERS



Peak Performance

Wellness

Your best is yet to come

VIDEO



FRONT-DELTA AND PEC-MAJOR

Arms stretch behind, middle of forearms rests on top of the backrest with the back of the hands faced down, lift chest up to stretch deeper.

GLUTEALS

Rest the ankle of one leg on the quad of the other and lean forward. Repeat other side.



PALM FASCIA

Turn hands Upside Down tip of little finger height and all fingers pressed on table, palm faced away.

PSOAS +TFL

Resting one buttock on the chair, allow the other leg to hang off the chair and as far behind you as possible, hold the table for stability. Repeat other leg.



INVESTING LAYER

Rest elbows on table, fingers stretch the neck under the chin whilst jaw is protruding forward.

SCALENES

Sit on one hand, use the opposite arm to pull the head to the side opposite to the seated hand and relax the jaw. Repeat other side.



HAMSTRING

Extend one leg in line with the same side chest, reach forward towards touching the toe, alternatively grab hold of your shin. Repeat other leg.

Stretch 90% of your maximum capability, every hour for maximum results.