



Therapi Tyline Lockdown Exercises



Computer, tablet and mobile phones use requires the use of the arms and chest to perform the task. A large percentage of what we do in life is in front of us, making it common for the muscles in the front of our body to become tight limiting chest, shoulder and arm flexibility.

I.T. provides conveniences and benefits there are drawbacks. sitting at a desk for extend periods during the working day, five days or more per week, for 45+ weeks of the year.

Unfortunately, the very thing can make us productive, profitable, and successful can be harmful to our health — possibly even permanently.

Sitting can cause health ailments for example weight gain, heart disease, diabetes, high blood pressure, and other chronic conditions.

it's a good idea to take some simple steps to improve your health at work. An easy place to begin: Simply start to move your body a little more.

With that in mind, here are 3 benefits stretching your chest muscles, pectoralis major and minor:

1. They are some of the largest muscles in your upper body; the pecs play a major role in maintaining good posture. The pecs help to stabilise the shoulder joint.
2. Better Breathing: In addition to improving your posture, exercising the chest muscles helps to support breathing. the pecs aids to expand the ribs.
3. Everyday Perks: Even if you don't realise it, the pecs are used in many of our daily activities. Anything that involves lifting, holding, typing or moving the mouse requires the chest muscle group.

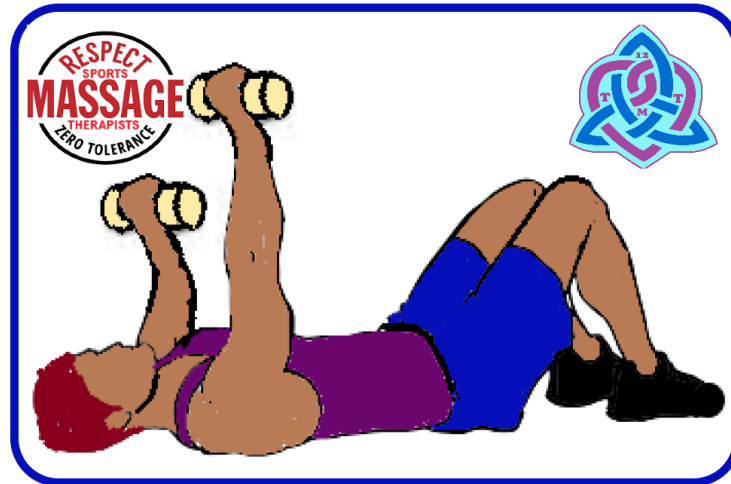


Therapi Tyline Lockdown Exercises



Chest Press

Targets the pectoralis major, pectoralis minor, triceps, and deltoids.



1. Lie on the floor facing up with your knees bent and feet flat on the floor.
2. The palms of your hands facing your knees and
3. The starting position is,
Elbows on the floor, and bent at 90 degrees so your hands are in the air.
4. Raise the hands toward the ceiling, straightening your elbows completely and keeping your palms facing your knees. Pause hold for a count of 5.
5. Slowly lower the arms returning to the start position
6. Pause for a count of 5.
7. You have completed 1 cycle.
8. Perform 5 cycles
9. As the cycles are easier to perform, increase the counts and cycles.

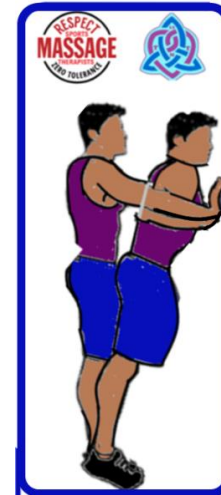
Once you have increased the counts and cycles to 10, restart grasping a bottle of water or food can

Incline Pushups

The incline pushup is done using a the chair, stool, table, or the edge of a bed, or another solid surface.



Incline Push-up



Wall Push-Ups

1. Stand facing the chair, stool, table, or the edge of a bed.
2. Place your hands on the edge of the bench just slightly wider than shoulder width. Your arms are straight but elbows are not locked. Align your feet so that your arms and body are completely straight.
3. Slowly lower your chest to the edge of the bench while inhaling. Keep your body straight and rigid throughout the movement.
4. Push your body away from the bench until your elbows are extended, but not locked. Exhale as you push up.
5. Keep going with slow, steady repetitions.

Wall Push-Ups

Here's a modified version of the desk version.

1. Stand a few steps from a wall and lean toward it,
2. placing your hands flat and wider than your shoulders.
3. Lower yourself toward the wall, keeping your abdominal muscles tight to maintain a straight line from your head to your toes,
4. Then push back up until your arms are straight (but not locked).

Between each push-up hold for count 5 between each movement, and repeat for 5 repetitions.



Resistance Band Exercises Shoulder Front Raises

An alternative to the Resistance Band can be a water bottles or food tins in each hand.

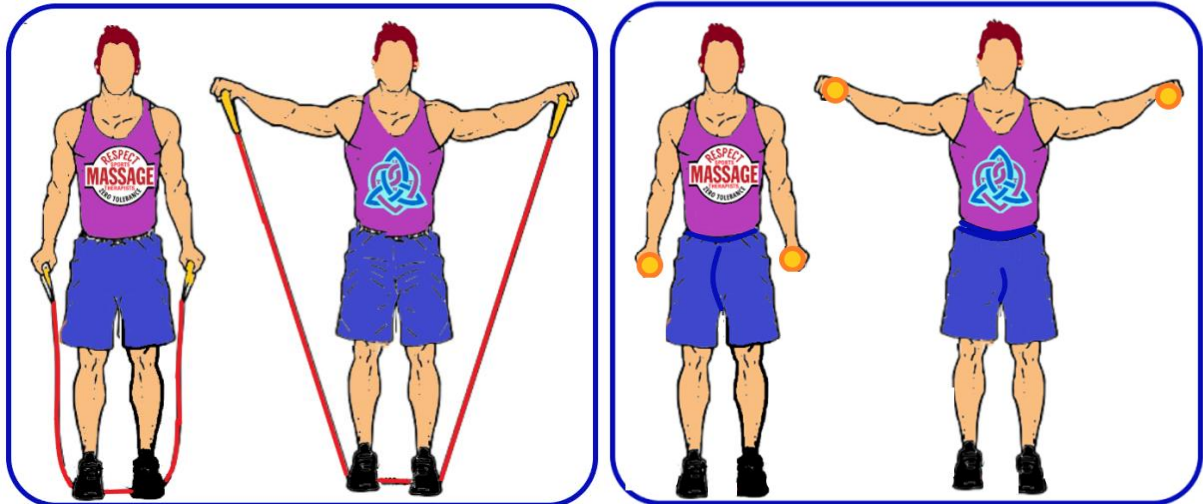


1. Holding an end of the resistance band in each hand,
2. Step on the middle of the band with both feet.
3. Stand up straight with a tight core and flat back.
4. Begin by lifting your hands straight up in front of you. Keep the elbows a slight bend at all times.
5. Pause at the top to feel the stretch
6. Hold for count 5
7. Slowly lower the arm to the starting position.
8. Hold for count 5
9. Repeat for 5 repetitions.
10. The Resistance Band can be replaced by a water bottle or food tin



Resistance Band Lateral Raises / Side Raises

An alternative to the Resistance Band can be a water bottles or food tins in each hand.



1. Holding an end of the resistance band in each hand,
2. Step on the middle of the band with both feet.
3. Stand up straight with a tight core and flat back.
4. Slowly raise your arms up from the sides of your body.
5. Maintaining a slight bend in the elbows at all times,
6. Raise your arms until they are horizontal, parallel with the floor,
7. Pause, feel the contraction, Hold for count 5
8. Slowly lower the arm to the starting position.
9. Hold for count 5
10. Repeat for 5 repetitions.