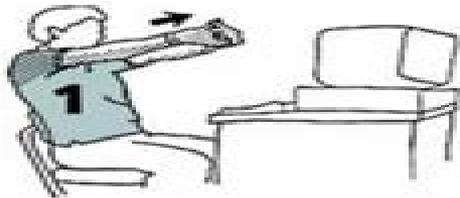


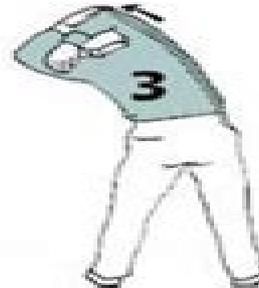
COMPUTER AND DESK STRETCHES



10-20 seconds
2 times



10-15 seconds



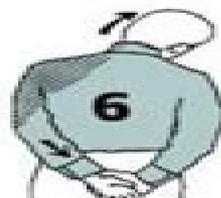
8-10 seconds
each side



15-20 seconds



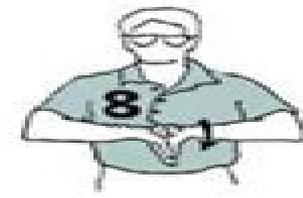
3-5 seconds
3 times



10-12 seconds
each arm



10 seconds



10 seconds



8-10 seconds
each side



8-10 seconds
each side



10-15 seconds
2 times



Shake out hands
8-10 seconds

Stretching At Your Computer Or Desk

**Brian Paul Kaufman, Sid
Kirchheimer, The Editors of Men's
Health Books**

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almost 41 000 net units since its publication *Ebony*, 2003-07 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine

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