

# DAILY EXERCISE FOR COMPUTER USERS & GAMERS



CAN BE DONE WHILE SITTING AT DESK



STEP 1  
**10-20 SECONDS**  
2 TIMES



STEP 2  
**10-15 SECONDS**  
1 TIME



STEP 3  
**10-12 SECONDS**  
2 TIMES  
EACH SIDE



STEP 4  
**15-20 SECONDS**  
1 TIME



STEP 5  
**3-5 SECONDS**  
3 TIMES



STEP 6  
**10-12 SECONDS**  
1 TIME  
EACH ARM



STEP 7  
**10-15 SECONDS**  
1 TIME



STEP 8  
**10-15 SECONDS**  
1 TIME