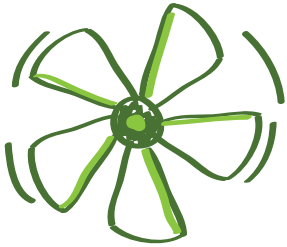
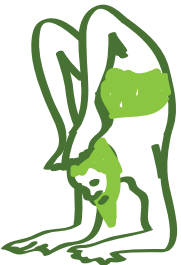


# Workout at Work: Stack and Stretch

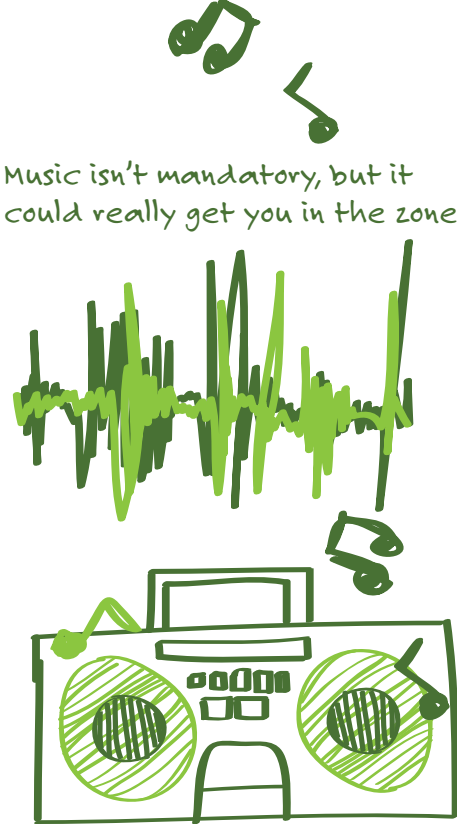


Do not attempt while standing under a ceiling fan



Inhale and exhale like a yoga master

Flexibility of a gold medal gymnast



Music isn't mandatory, but it could really get you in the zone



Stack your joints by claspng your hands together, reaching for the ceiling, then going up and down on your toes. Feel at peace with the universe, and your muscles.

