

# Stretching At Your Computer Or Desk By Bob Anderson

**By Bob Anderson**

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a system of gentle stretching to rehabilitate repetitive strain STRETCHING IN THE OFFICE Bob Anderson, Stretching At Your Computer or Desk")

Computer Stretch Exercises2 Hand Relax: Separate and straighten your fingers until tension of a stretch is felt.

The book STRETCHING was first self-published by Bob and Jean Anderson in 1975 when or desk (taken from our book STRETCHING IN and on your computer.

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Stretching It - Entrepreneur.com. Bob Anderson, president of Stretching Inc. in Palmer Lake, Colorado, and author of Stretching at Your Computer or Desk

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