STRETCHES

STRETCH DAILY. NEVER OVERSTRETCH, "BOUNCE" OR FORCE YOUR MUSCLES INTO A STRETCH AND NEVER STRETCH TO THE POINT OF PAIN. HOLDING EACH STRETCH 10 SECONDS.

NECK
- Neck Tilt
- Shoulder Shrug
- Deltoid Stretch

SHOULDER

TRICEPS STRETCH

FOREARM STRETCH

CHEST
- Chest Stretch
- Back & Upper Arm Stretch

ARM

BACK
- Back Stretch
- Calf & Toe Raiser
- Standing Cat Stretch

LEG
- Calf Stretches
- Quadriceps Stretch

HAND
- Hand & Finger Stretch
- Wrist and Forearm Stretch

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