

glenngraphics

COPYRIGHT

**STRETCHING EXERCISES BEFORE STARTING TO WORK!**

**STRETCHES SIDE OF NECK**

1. Sit or stand with arms hanging loosely at sides.
2. Tilt head sideways, first one side then the other.
3. Hold for 5 seconds.
4. Repeat 1-3 times.



**STRETCHES BACK OF NECK**

1. Sit or stand with arms hanging loosely at sides.
2. Gently tilt head forward to stretch back of neck.
3. Hold 5 seconds.
4. Repeat 1-3 times.



**STRETCHES SIDE OF SHOULDER AND BACK OF UPPER ARM**

1. Stand or sit and place right hand on left shoulder.
2. With left hand, pull right elbow across chest toward left shoulder and hold 10 to 15 seconds.
3. Repeat on other side.



**STRETCHES SHOULDER, MIDDLE BACK, ARMS, HANDS, FINGERS, WRIST**

1. Interlace fingers and turn palms out.
2. Extend arms in front at shoulder height.
3. Hold 10 to 20 seconds, relax, and repeat.



**STRETCHES TRICEPS, TOP OF SHOULDERS, WAIST**

1. Keep knees slightly flexed.
2. Stand or sit with arms overhead.
3. Hold elbow with hand of opposite arm.
4. Pull elbow behind head gently as you slowly lean to side until mild stretch is felt.
5. Hold 10 to 15 sec.
6. Repeat on other side.



**STRETCHES MIDDLE BACK**

1. Stand with hands on hips.
2. Gently twist torso at waist until stretch is felt.
3. Hold 10 to 15 sec.
4. Repeat on other side.
5. Keep knees slightly flexed.



ORDER #GG350

glenngraphics.com 281-242-3211©

350

glenngraphics

COPYRIGHT