

Stretch it out!

Hold each stretch for 15-30 seconds

Regular stretching can help to improve blood flow and reduce muscle tension and risk of injury. Perform each stretch slowly and without bouncing. If you feel abnormal discomfort, stop the stretch and consult your physician before continuing with a stretching program.



Neck



Lower Back



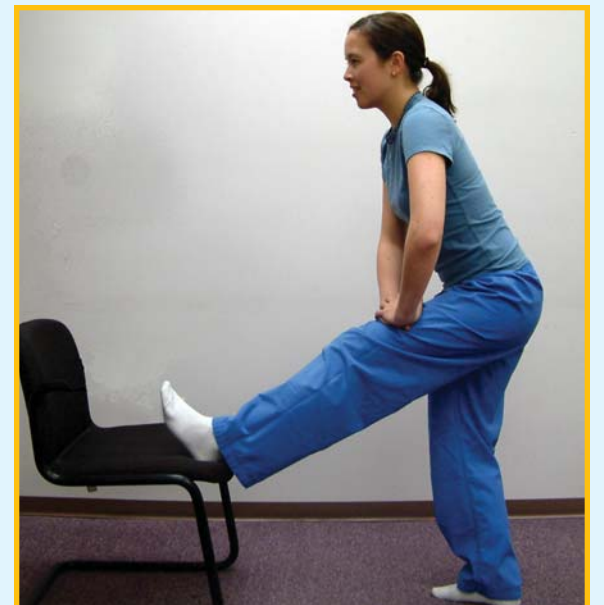
Chest



Upper Back



Forearm & Wrist



Back of Thigh



Shoulder



Sidebend



Calf



Triceps

