



STRETCH & FLEX



**SPENDING 10 MINUTES A DAY DOING STRETCHES CAN
REDUCE FATIGUE AND AVOID INJURY**

IT IS RECOMMENDED YOU ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING A NEW EXERCISE PROGRAM



Back Stretch

Standing with feet apart, slowly lean backwards, reaching both arms back and towards each other. Hold for five seconds. Repeat 3 times.



Neck Stretch 1

While tilting the head forward, gently lower chin towards chest. Place your hand on the back of your head for added stretch. Do this once for 15 seconds.



Neck Stretch 2

Tilt head towards shoulder without twisting the neck. You should feel the neck pull on the opposite side. Do this once for 15 seconds. Repeat for the other side.



Lateral Torso Stretch

Raising one arm above the head, grasp it with the other hand and lean sideways. Hold the position for 5 seconds. Repeat 3 times on both sides.



Lateral Shoulder Stretch

Raising one arm overhead, grasp with the other hand and pull the elbow slowly behind the head. Hold this position for 15 seconds. Do once on each side.



Posterior Shoulder Stretch

Stand and place left hand on right shoulder. Using your left hand, pull right arm across the chest toward the left shoulder. Hold position for 15 seconds. Repeat for other shoulder.



Bridge Stretch

Lifting arms above your head, interlace fingers, straightening elbows and reaching as high as possible. Hold for 15 seconds.



Calf Stretch

Assume a lunge position, bending the back knee. Stretch the calf muscle by grasping the toes of the front leg. Hold for 15 seconds. Repeat for the other leg.



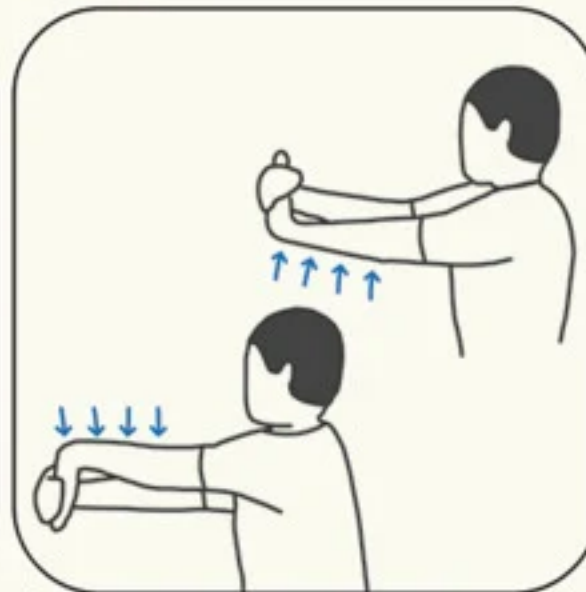
Lower Back Stretch

Standing with feet shoulder width apart, twist while leaning forward to touch your toe with the opposite hand. Extend your other arm up behind you. Hold for 5 seconds. Repeat with the other hand.



Inner Thigh, Groin Stretch

Stand with feet shoulder width apart and with toes pointed forward. Bend slightly at the knee and move left hip downward toward right knee. Hold for 15 seconds and repeat for the other leg.



Forearm & Wrist Stretch

Without bending the elbow, extend one arm outwards. Bending the wrist upwards, use the other hand to pull the fingers back towards you. Release and bend the same wrist downwards, gently pulling on the fingers. Repeat with the other hand.



Front Thigh Stretch

Lift one leg behind you and grasp with your arm. Pull the leg up behind you to stretch the front of the thigh. Hold for 15 seconds. Repeat with the opposite leg.

BENEFITS OF REGULAR STRETCHING

- ✓ Prepares muscles for everyday work stresses, pre-fueling them with oxygen and other needed chemicals
- ✓ Instant circulation for instant energy boost
- ✓ Improves the body's posture, decreasing the risk for possible injury
- ✓ Reduces muscle shortening, internal friction and stiffness of the tendons, joints or ligaments
- ✓ Increases oxygen flow to the brain for improved morning alertness
- ✓ Increases mental relaxation and reduces anxiety



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