

UPPER BODY STRETCHES - Hold positions for 30 seconds to the point of feeling a stretch but not pain

□ NECK (Side)



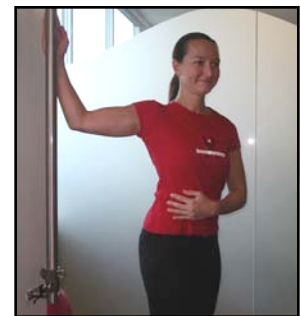
Grasp the edge of a chair. Tilt your head to the side to stretch the side of the neck.

□ NECK (Back)



Grasp the edge of a chair. Tilt your head to the side and rotate down to stretch the back of the neck.

□ CHEST



Place your hand on a wall. Lean your torso forward and turn away from the wall to stretch the chest and front of the shoulder.

□ LAT



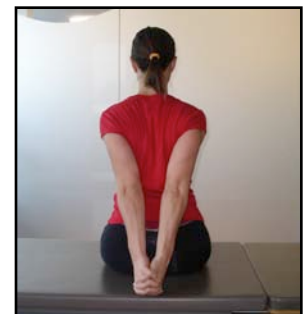
Grasp a door frame with one or both hands. Lean back and lower your body down to stretch the lats (underarm & side of the torso).

□ SHOULDER



Reach one arm in front and across the body. Grasp with the opposite hand and pull to stretch the back of the shoulder.

□ SHOULDER



Grasp arms behind you and pull back to open the chest up. A stretch will be felt in the front of the chest/shoulders.

□ FOREARM (Flexors)



Put your arm straight out in front with your palm facing up. Using your other hand pull your fingers back to stretch the front of your forearm.

□ FOREARM (Extensors)



Put your arm straight out in front with your palm facing down. Using your other hand pull your fingers down to stretch the back of your forearm.

□ Tricep



Place a bent arm behind your head and grasp your elbow using the opposite hand. Pull back and across to stretch the back of the arm.