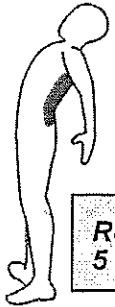


STRETCHES

DEVELOPED BY EXPERTS - FOR ALL AGE GROUPS - FOLLOW INSTRUCTIONS

Do these quick stretches regularly to reduce fatigue and avoid injury:

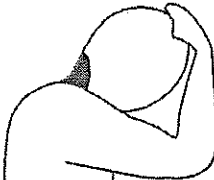
1



Repeat 3 times,
5 seconds each

BACK EXTENSION

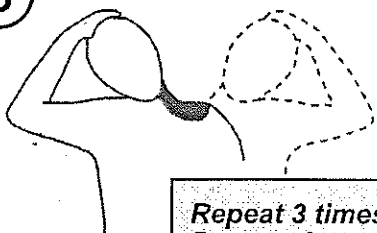
2



Do once for 15
seconds

NECK FORWARD

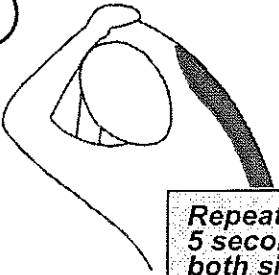
3



Repeat 3 times,
5 seconds each

NECK LEFT & RIGHT

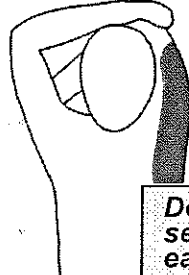
4



Repeat 3 times,
5 seconds each,
both sides

ELBOW PULLOVER

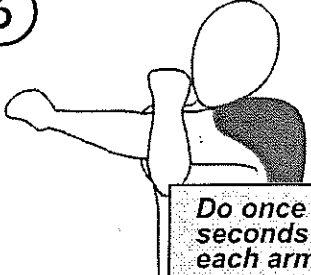
5



Do once for 15
seconds on
each side

SHOULDER OVER

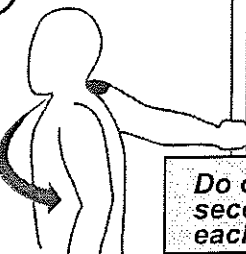
6



Do once for 15
seconds with
each arm

SHOULDER ACROSS

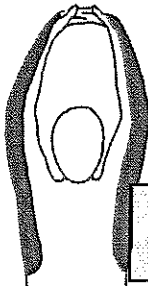
7



Do once for 15
seconds
each arm

SHOULDER BACK

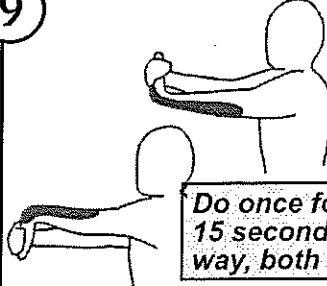
8



Do once for 15
seconds

BRIDGE STRETCH

9



Do once for
15 seconds each
way, both arms

FOREARM & WRIST

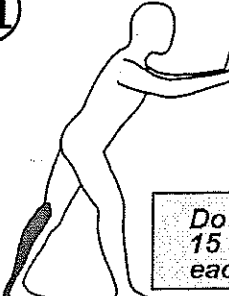
10



Do once for
15 seconds
each leg

HAMSTRING STRETCH

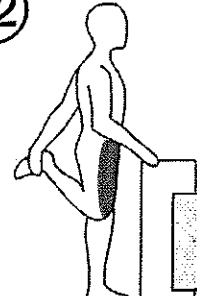
11



Do once for
15 seconds
each leg

CALF STRETCH

12



Do once for
15 seconds
each leg

QUAD & FLEXOR STRETCH