

THE DAILY STRETCHES

The purpose of this pre-work stretching program is to prepare your body for work activity by warming up your major muscle groups, improve flexibility and increase blood flow through cardiovascular exercise.

The exercises below should be performed to a point without pain. Do not perform a stretch or decrease the stretch if it results in more than mild discomfort.

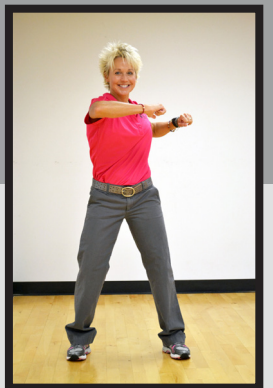
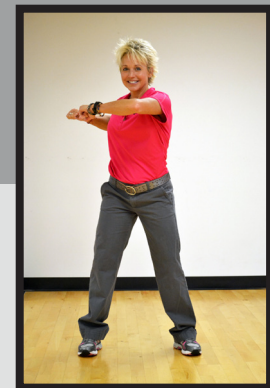
Repeat each movement 12 times and hold for 10 seconds after each active stretch move.

1. Arm Swing

1.



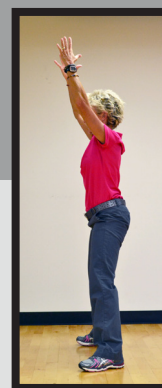
2.



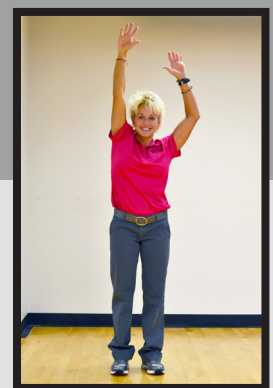
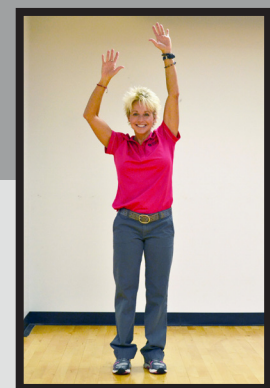
2. Trunk Rotation

3. Squat and Reach

3.



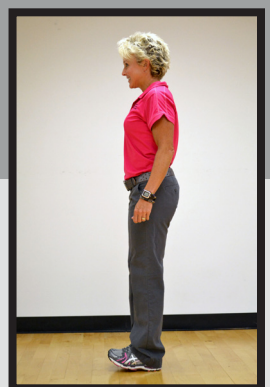
4.



4. Ladder Climb

5. Heel Toes

5.



6.



6. Posterior Deltoid



7. Side Lunge

8. Wrist Extension

7.



9. Shoulder Shrug

8.



9.



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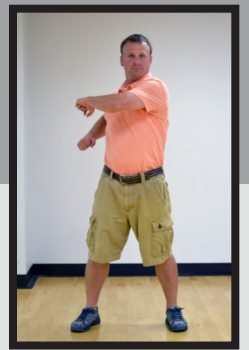
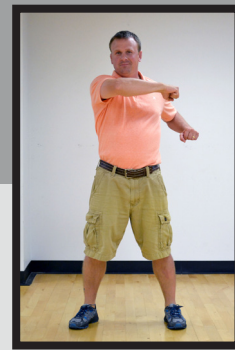
Repeat each movement 12 times and hold for 10 seconds after each active stretch move.

1. Upper Back Shoulder

1.



2.



2. Trunk Rotation

3. Arm Rotation

3.



4. Arm Circles

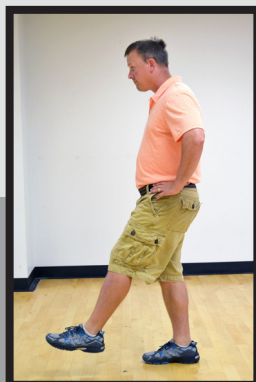
4.



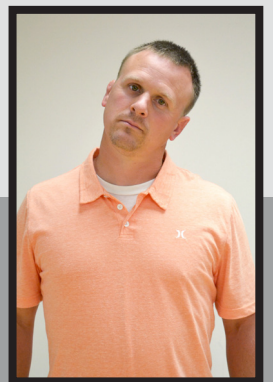
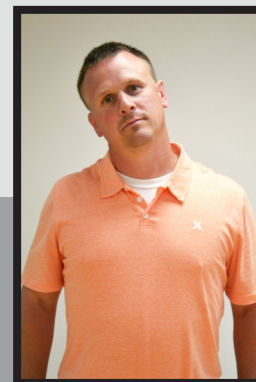
5. Leg Swing

6. Neck Side Bend

5.



6.



7. Wrist Extension & Flexion Dynamic

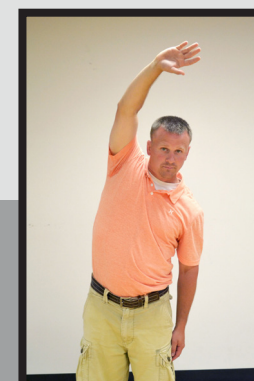
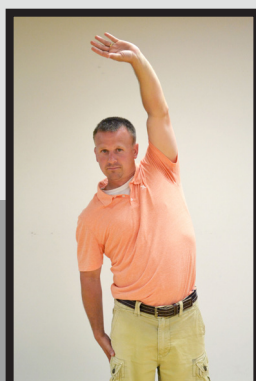
8. Side Stretch

7.



9. Shoulder Shrug

8.



9.

