


# Stretches

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

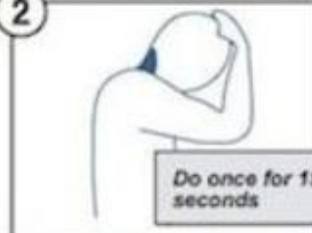
1



Repeat 3 times, 5 seconds each

**BACK EXTENSION**

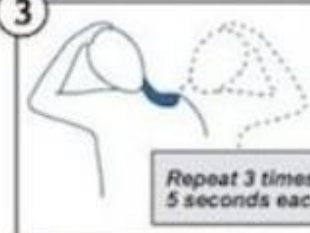
2



Do once for 15 seconds

**NECK FORWARD**

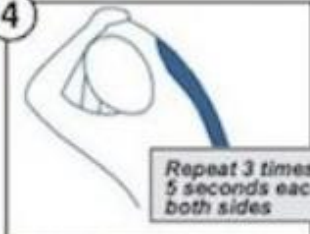
3



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**

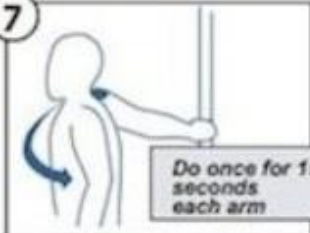
6



Do once for 15 seconds with each arm

**SHOULDER ACROSS**

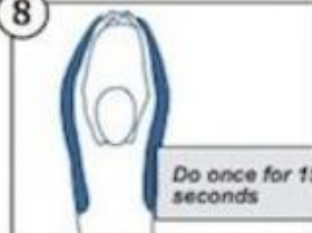
7



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**

© 2010 Barbre Ergonomics Check with your physician before starting a new exercise program or if you have had recent joint trouble, muscle problems, or surgery