

Preventive Stretching Program

Pre-Shift Warm-Up Routine

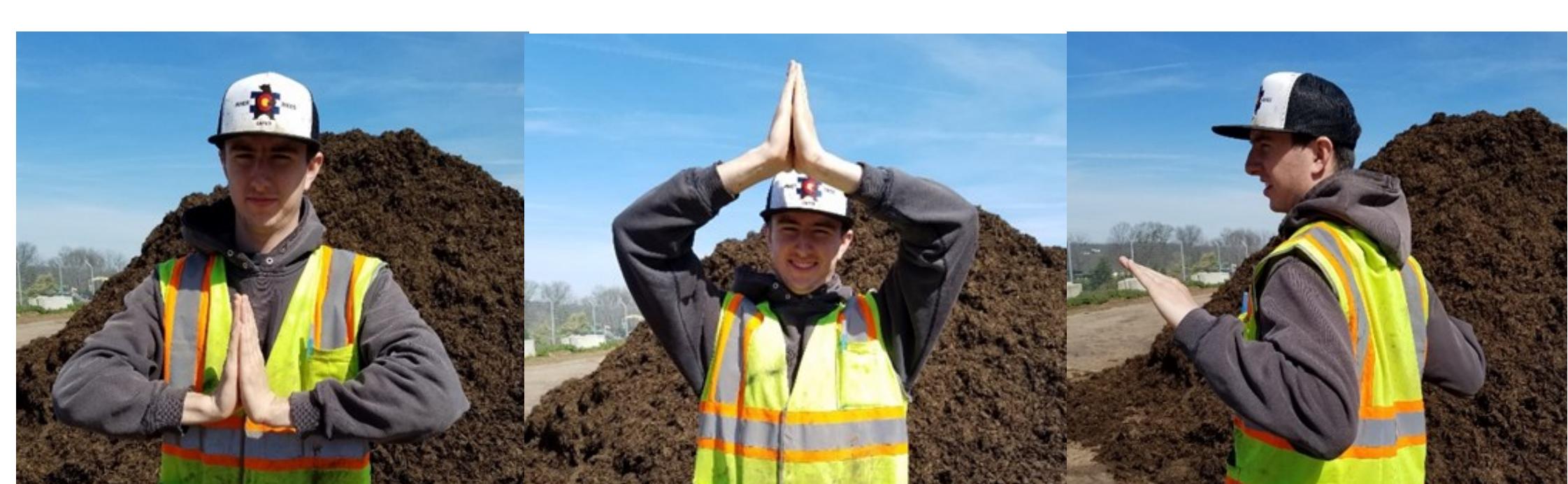


Take 5 minutes to warm-up; perform 5-10 repetitions of each stretch.

Side Bend Reach



The Swimmer



Squat to Overhead Reach



Umpires



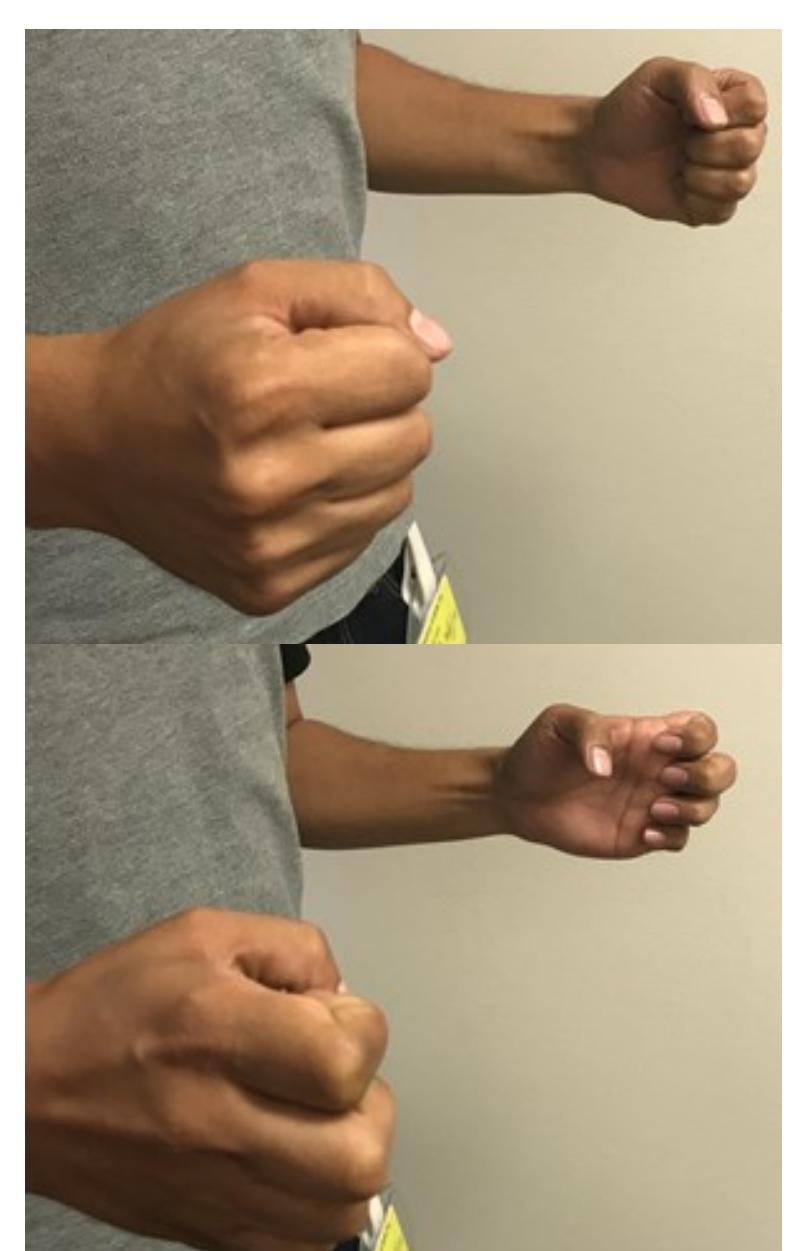
Lunge and Rotate



D's



Finger Fans



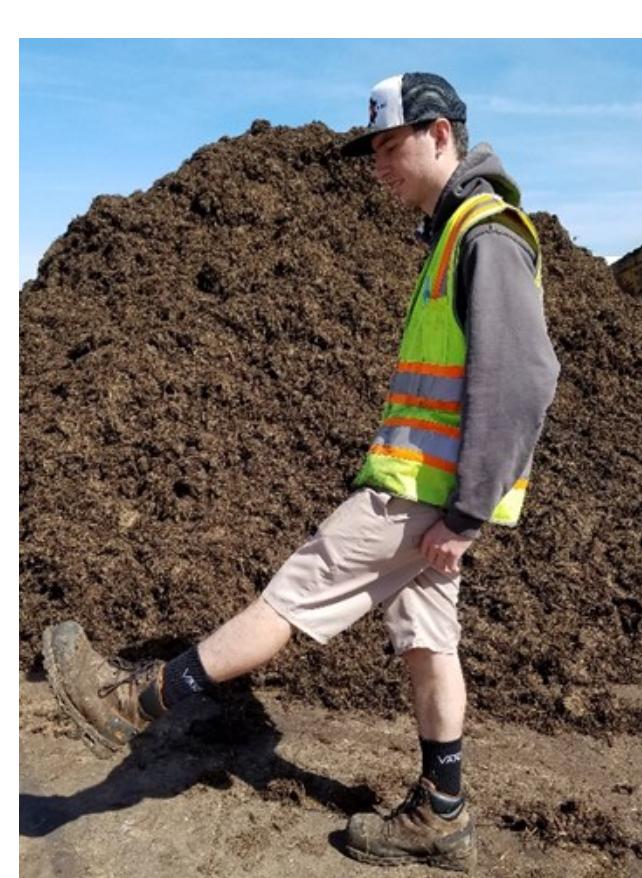
Butt Kicks



Wrist Rolls



Tin Mans



Ankle Rolls



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