

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



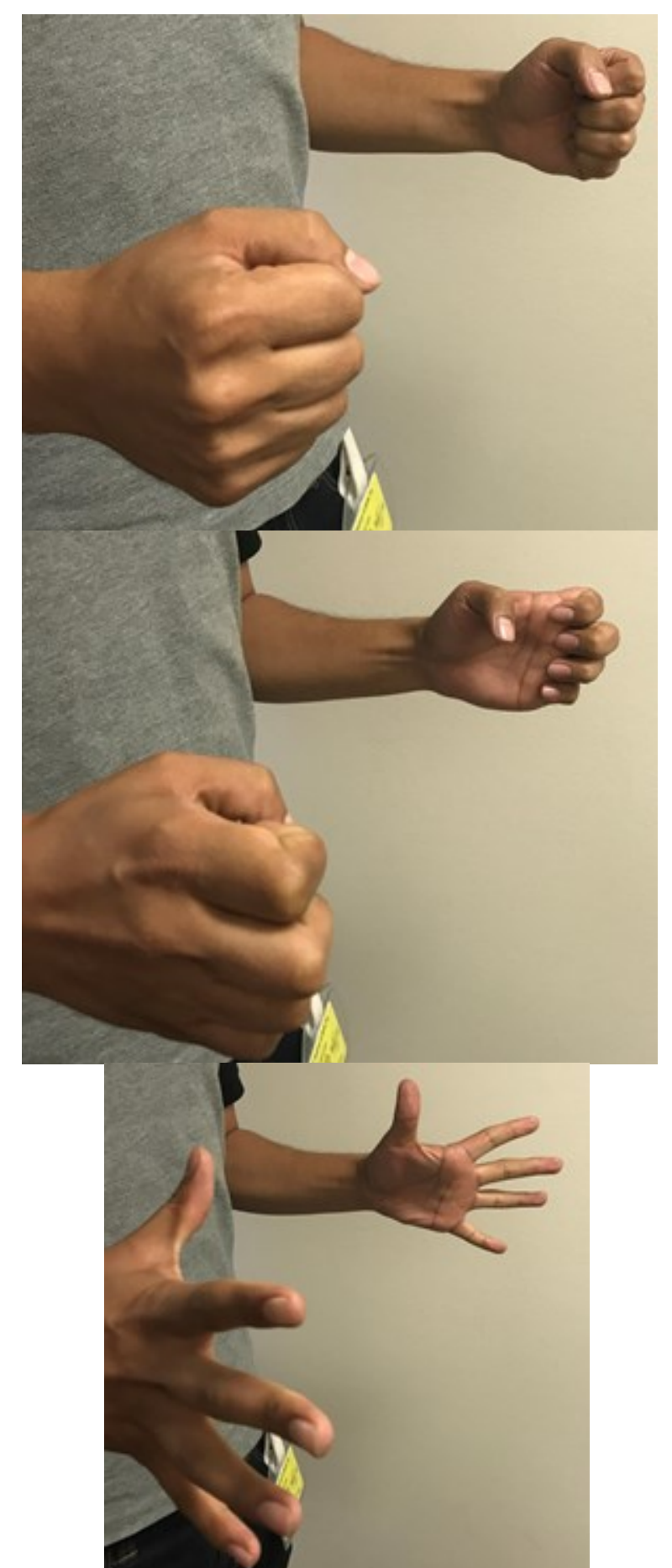
Umpires



D's



Finger Fans



Lunge and Rotate



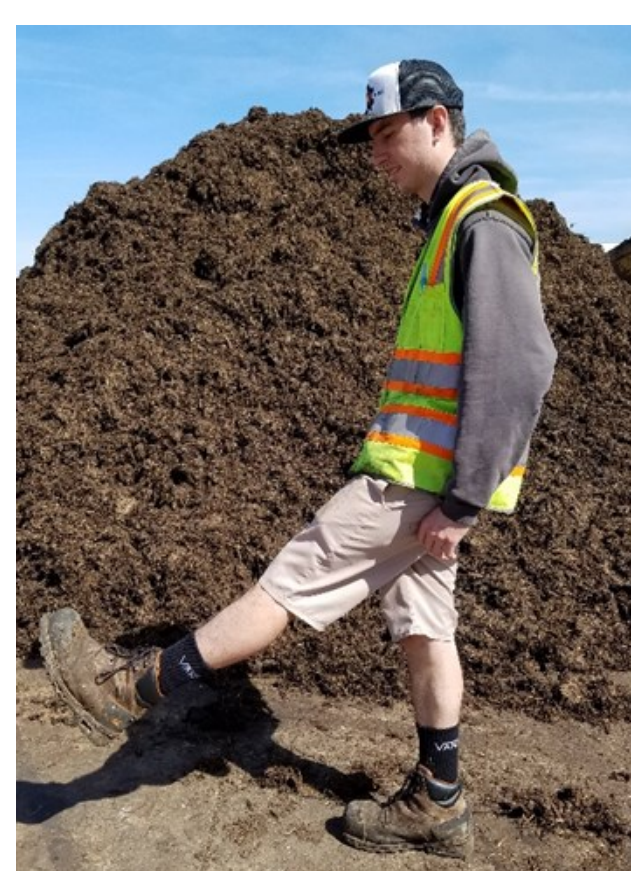
Wrist Rolls



Butt Kicks



Tin Mans



Ankle Rolls



Powered by:

