



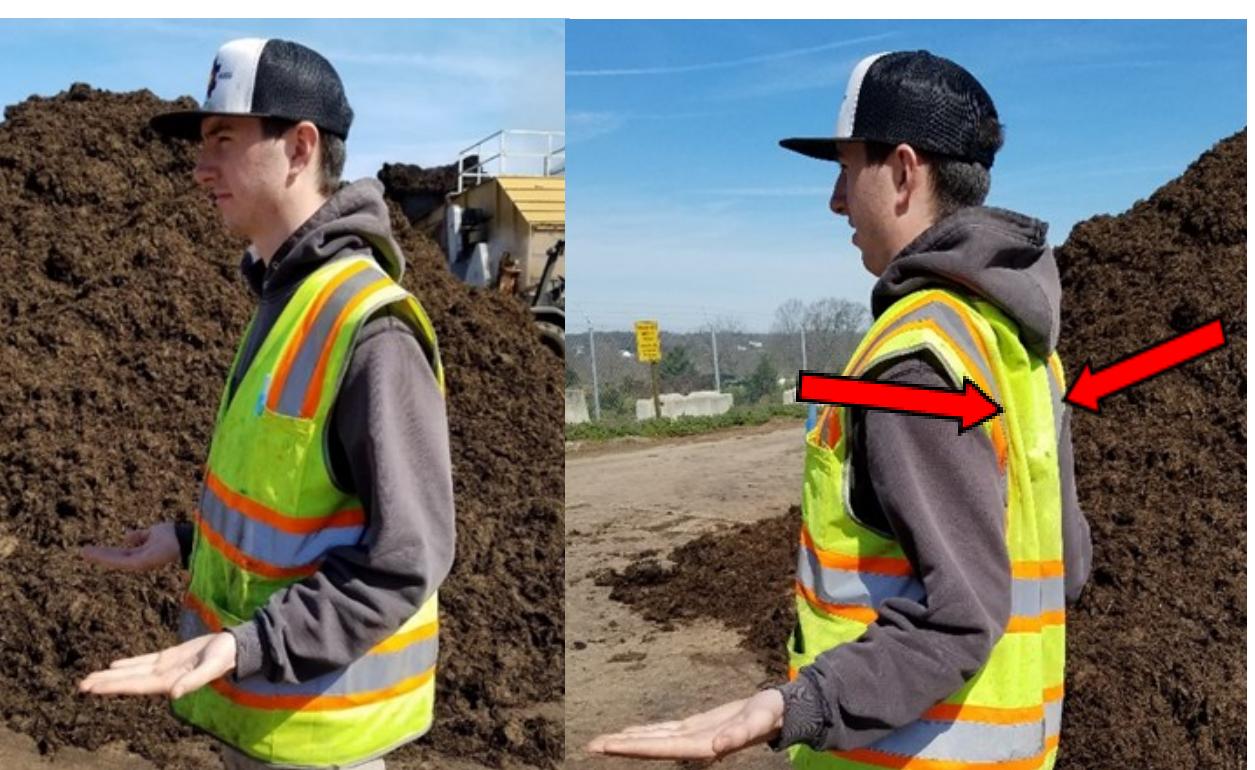
Preventive Stretching Program

Micro-Break Stretches

For standing or sitting tasks;
breaks up long tasks and provides an active rest
period.
Hold for 20-30 seconds; perform 3 repetitions.

Choose stretches for:
Most used posture during tasks.
Relax muscles or what feels good to you.

No Money



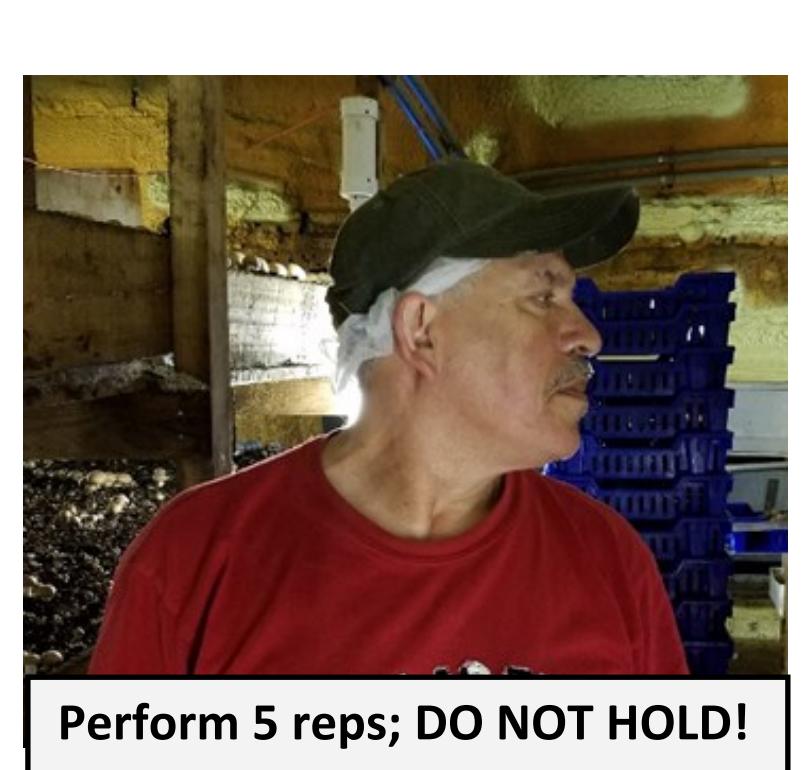
High Five



Armpit



Neck Rotation

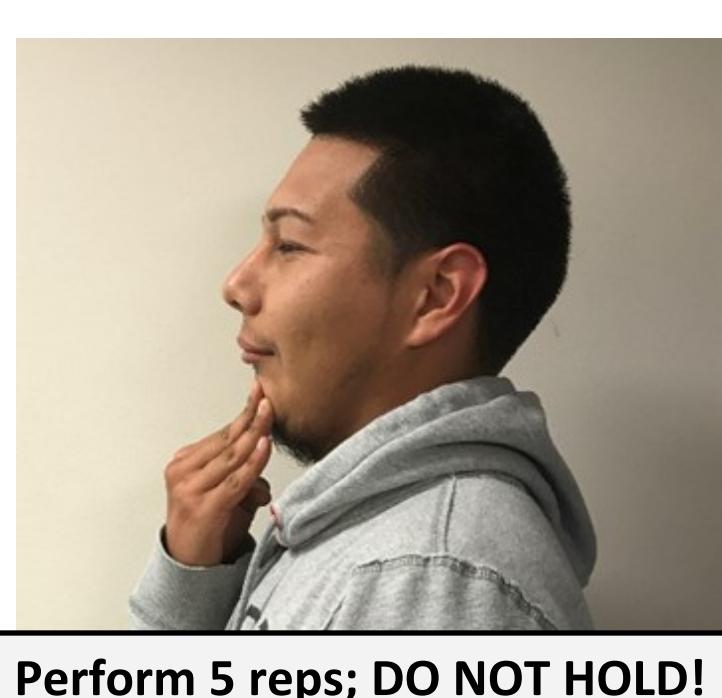


Perform 5 reps; DO NOT HOLD!

Neck Side Bend



Neck Glide



Perform 5 reps; DO NOT HOLD!

Arm Cross



Back Scratcher



Wrist Extensor



Wrist Flexor, 3 ways



Back Bend

Perform 5 reps; DO NOT HOLD!

Wrist Dip



Standing Hamstring



Knee



Hip Dip

Perform 5 reps; DO NOT HOLD!



Lower Leg



Hip Opener stand or sit