


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


1



*Repeat 3 times,
5 seconds each*

BACK EXTENSION

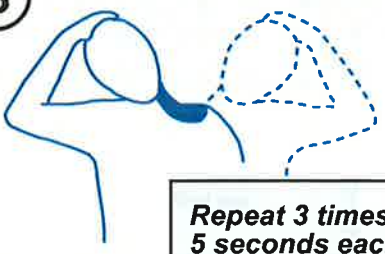
2



*Do once for 15
seconds*

NECK FORWARD

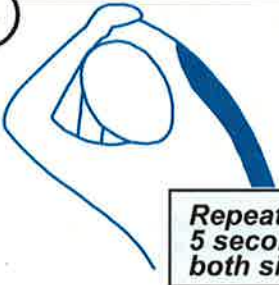
3



*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

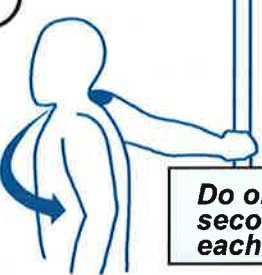
6



*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