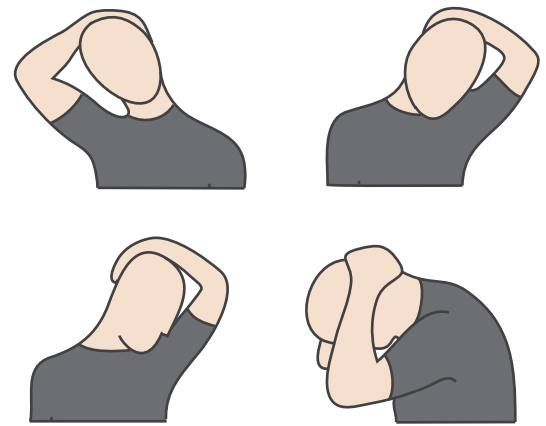


STRETCH IT OUT!

Are you on your feet all day at work? Go home feeling stiff and sore? Try these simple exercises to help improve your flexibility, which will help with your overall joint range of motion, reduce muscle tension from being over worked, and in the end help improve job performance and overall quality of life. Remember to stretch only to the point of MILD tension, never pain and do not hold longer than 30 seconds, if a deeper or longer stretch is needed try multiple sets of 30 second stretches.

▶ TAKE QUICK BREAKS THROUGHOUT THE DAY TO STRETCH!



NECK STRETCHES FOR WORK AND HOME

At work try these stretches before, during or after your shift for a quick full body muscle release!



Back



Chest



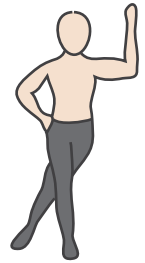
Quad



Hamstring

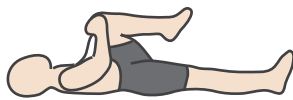


Calves



Hips

Try these exercises in the comfort of your own home to maintain your flexibility and release muscle tension from a long day!



Hip Flexors/Low Back



Lower Back



Abdominals



Quads



Hamstrings/Calves

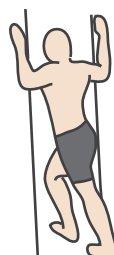
TIP! Warm muscles stretch the best, so try these exercises in a warm environment.



Back and Shoulders



Back



Chest



Shoulders



Triceps