

Stretching

- Don't force a joint beyond its normal range of motion.
- A stretch should not be painful. The term 'no pain, no gain' does not apply here.
- Don't forget to breathe.
- Don't be disheartened if it takes several weeks of a stretching program before you see significant results, don't rush it.
- The stretches below are a general guide. If you are dealing with an injury or medical condition it's a good idea to seek medical advice and approval regarding the appropriate stretches for you.

Upper Back Stretch

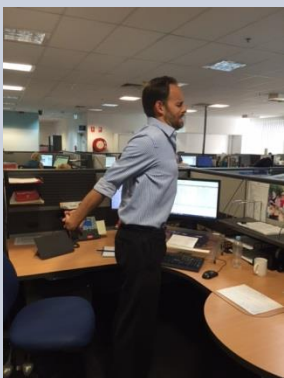


Push both hands forward and away from your body as you breathe out.

Let your head rest between your arms.

Hold for three seconds and repeat three times.

Upper Back and Chest Stretch



Pull both hands down behind your back, breathe in.

Keep your head straight.

Hold for three seconds and repeat three times.

Pigeon Neck Retraction



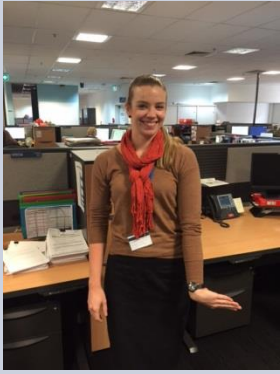
Sit with upright posture.

Glide head directly backwards.

Keep your head level and do not look up.

Hold for 3 seconds, repeat 3 times.

Forearm Stretch



Turn your arm so your elbow is pointing outwards.
Gently stretch your hand and fingers under.
Hold for 20 seconds each arm.

Neck Stretch



Look straight ahead.
Tuck in your chin.
Tilt your head gently to the side, moving your ear down towards your shoulder.
Hold for 10 seconds each side.

Low Back Stretch



Place your hands in the small of your back.
Slowly lean backwards until you feel a stretch in your lower back.
Don't twist or bounce.
Hold for 3 seconds and repeat 3 times.

Low Back Stretch



While sitting, lean forward and hug your knees.