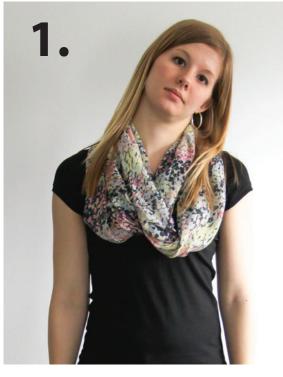


Ergonomics & Ability, Optimized.

OFFICE STRETCHES

Stretching Sequence

It is important to stretch throughout your workday (Approximately every 1/2 hour)



Neck Stretch
Hold for 5 seconds
on each side



Underside of Forearm Hold for 5 seconds



Top of Forearm Hold for 5 seconds



Shoulder Stretch Hold for 5 seconds on each side



Side Stretch
Hold for 5 seconds
on each side



Back Twist Stretch Hold for 5 seconds on each side



Back Extension Stretch
With hands on hips arch
your back & look up at the
ceiling. Hold for 5 seconds.



Forward Bend Stretch
With knees slightly bent,
bend forward with arms
hanging. Hold for 5 seconds.



Quadriceps Stretch
Hold for 5 seconds
on each side



Hamstring Stretch Hold for 5 seconds on each side



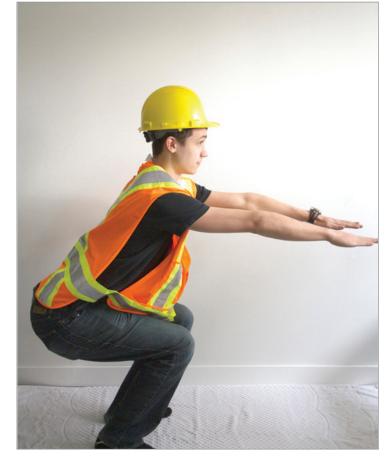
Calf Stretch
Hold for 5 seconds
on each side



WARM UP AND STRETCH

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The Warm Up

It is important to warm up your muscles BEFORE you stretch and BEFORE you engage in physical work. Repeat this squat slowly, 10 times.

Stretching Sequence

It is important to stretch BEFORE, AND DURING physical work (Approximately every 1/2 hour)



Neck Stretch
Hold for 5 seconds
on each side



Top of Forearm Hold for 5 seconds



Underside of ForearmHold for 5 seconds



Shoulder Stretch Hold for 5 seconds on each side



Side Stretch
Hold for 5 seconds
on each side



Back Twist Stretch Hold for 5 seconds on each side



Back Extension Stretch
With hands on hips arch
your back & look up at the
ceiling. Hold for 5 seconds.



Forward Bend Stretch
With knees slightly bent,
bend forward with arms
hanging. Hold for 5 seconds.



Quadriceps Stretch Hold for 5 seconds on each side



Hamstring Stretch Hold for 5 seconds on each side