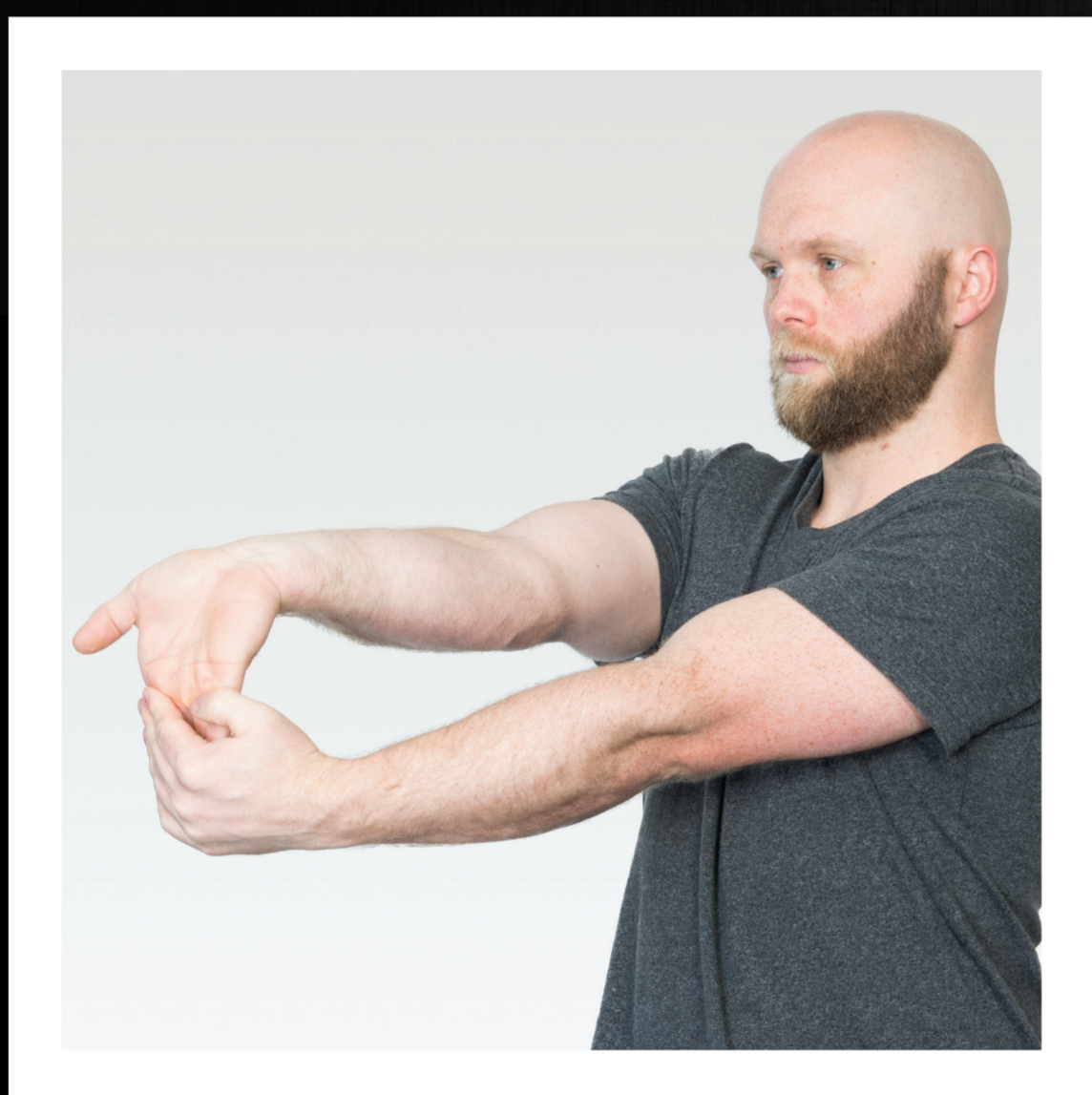


STRETCH

The best tools you have are your hands.

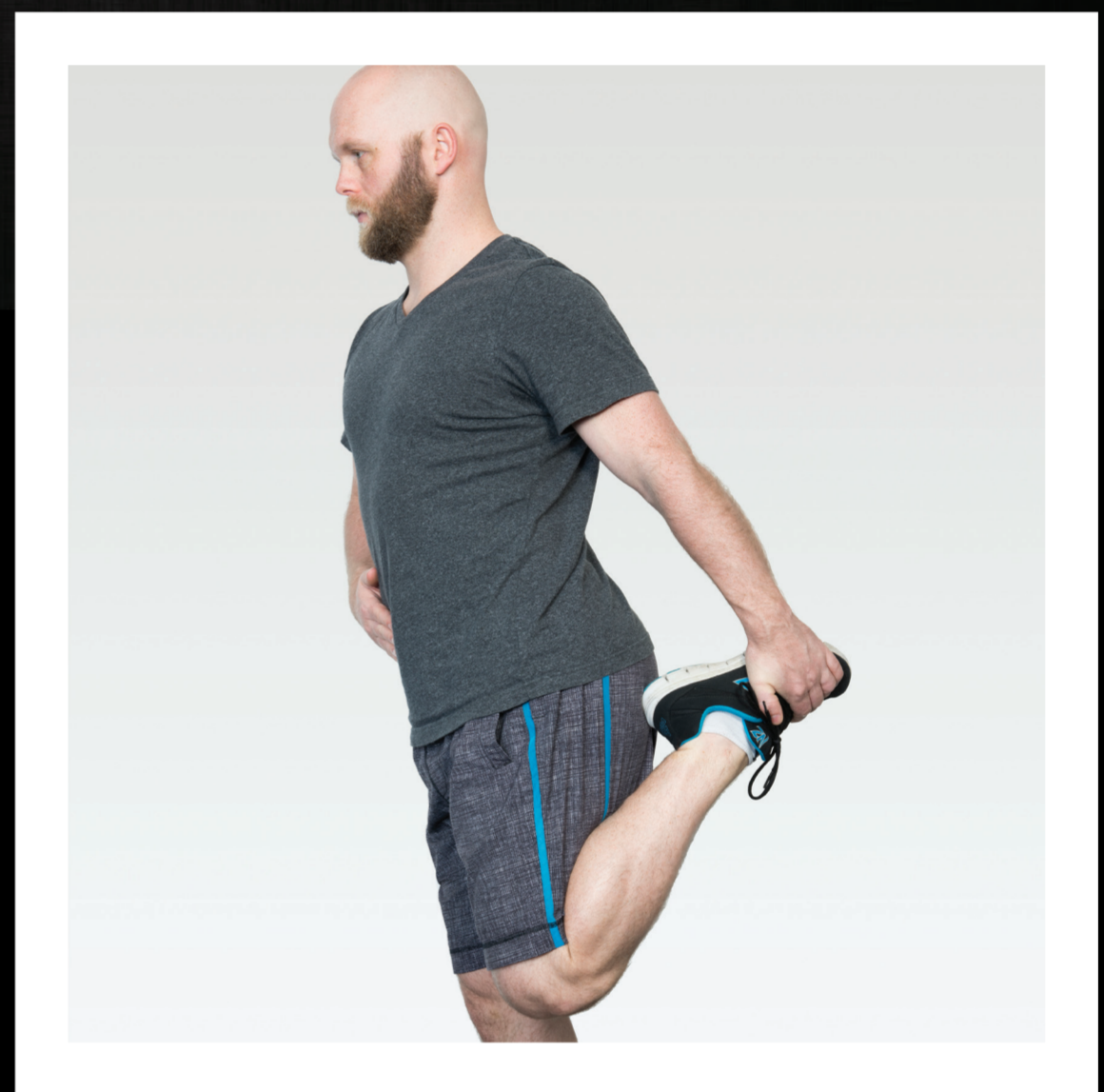


Hold each stretch for 15-20 seconds.



STRETCH

Increased mobility allows you to move through a greater range of motion.



Hold each stretch for 15-20 seconds.



STRETCH

Looking after your upper back and shoulders reduces pain and discomfort.

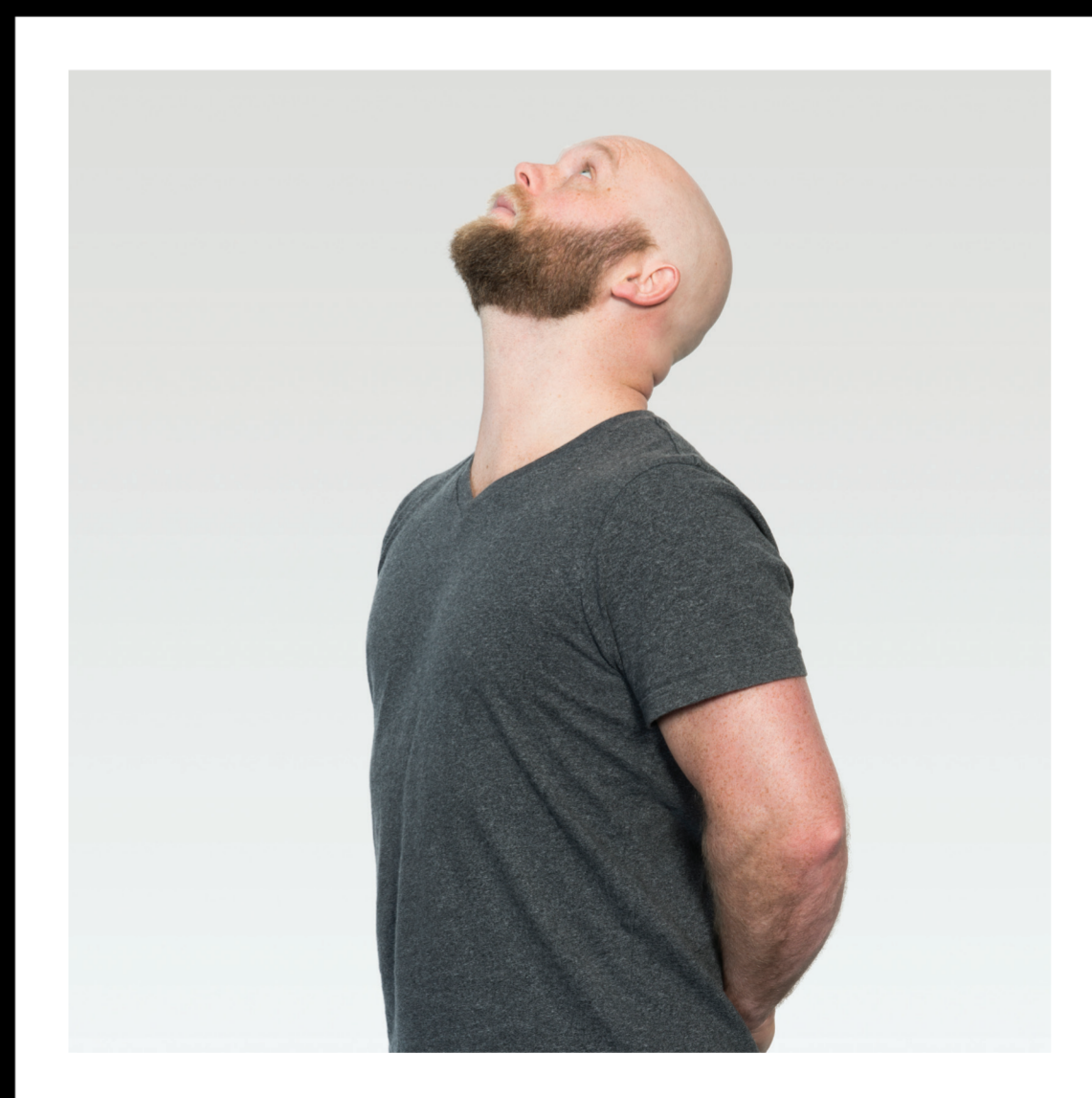


Hold each stretch for 15-20 seconds.



STRETCH

Retain the range of motion with
your neck.



Hold each stretch for 15-20 seconds.

