

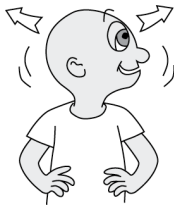
WARM UP/ COOL DOWN STRETCHING

Guidelines:

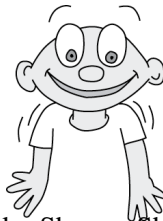
- Hold each stretch for 10 to 20 seconds
- Alternate right and left sides
- Repeat each stretch 3 to 5 times

Cautions:

- **DO NOT BOUNCE** – use static stretches
- Keep knees slightly bent while standing where appropriate
- Do not hold your breath



Head Turn: Turn head slowly to look over the right shoulder. Return to the center position, and then repeat to the left.



Shoulder Shrugs: Shrug shoulders up, down, forward and back. Hold each shrug for 3 to 5 seconds.



Upper Trapezius Stretch: Tilt head to the side until a gentle stretch is felt. This stretch may also be done by gently grasping the side of the head for more of a stretch.



Cross Arm Stretch: Gently pull your elbow across your chest toward your opposite shoulder.



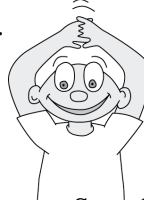
Tricep Stretch: Reach overhead with your right hand (as though patting your-self on the back). Gently push your right elbow downward with your left hand.



Shoulder Stretch: Clasp hands behind your back. If you need more of a stretch, lift your arms up behind you until you feel a comfortable stretch.



Side Stretch: Place one hand on your hip for support while extending the other arm up and over your head. Now slowly bend to the side from the waist.



Shoulder Extensor Stretch: Raise your arms above your head with your hands clasped together. Gently push the arms back.



Back Extension: Bend the knees slightly; place your hands on your lower back. Slowly lean back to a comfortable stretch.