

SAFETY STRETCHES

*All exercises should be held for 8-10 seconds.

*Do not extend to the point of pain.



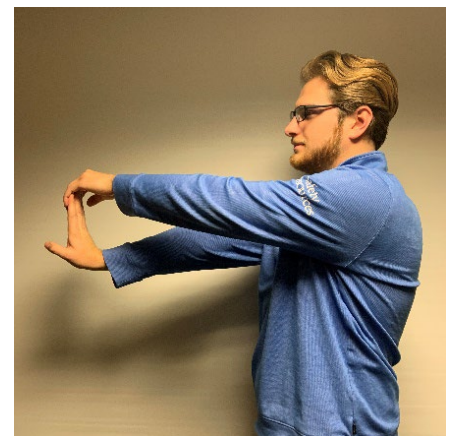
1. Place hand on head and pull towards the left side. Repeat for the right side.
2. Lean head up. Lean head down.
3. Roll head in a circle clockwise. Repeat counterclockwise.



1. Pull your right arm across your body. Repeat for the left arm.
2. Place hand on elbow and pull your right arm behind your head. Repeat for the left arm.



3. Interlock your fingers and reach up with your palms to the ceiling.
4. With your palm facing out, grab the tips of your right hand and reach forward. Repeat for left hand.



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5. Place hands on your right hip and twist your upper body towards your right. Repeat for the left side.
6. Bend at your waist and touch the ground.
7. Reach to the ceiling towards the right side. (Banana) Repeat for the left side.



8. Grab right leg with left hand and pull up. Repeat for left leg. (Use Partner)
9. Bend right knee and keep left straight, lean to the right. Repeat for right leg.
10. Roll right foot clockwise, then counterclockwise. Repeat for left foot.

