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| **Stretching** |

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| **ROUTINE ONE** | | | | |  | **ROUTINE TWO** | | | |
| Neck Side– Arm Behind | Shoulder Roll | **Elbow Pull - Hands Up** | | Carpal Tunnel Stretch |  | Neck Side Stretch | Shoulder Shrug | Arm Cross Pull | Wrist/Elbow Arm Out |
|  |  |  | |  |  |  |  |  |  |
|  |
| Trunk Rotation | High Reach – One hand | Slump | | Back-Bend |  | Large Arm Circles - Forward | Trunk Rotation | Straddle | Ankle Circles |
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| **ROUTINE THREE** | | | | |  | **ROUTINE FOUR** | | | |
| Neck Rotation | Elbow Pull-Behind Back | Pat Back | Open/Close Hands | |  | Neck Side StretchArm out | Elbow Pullwith Roll | Arm Cross Pull | Elbow PullHands at Neck |
|  |  |  |  |  |  |  |  |  |  |
| Large Arm CirclesBackward | Side StretchArms Overhead | High ReachWith Rotation | **Heel Co**r**d** | |  | Rotation Hands on Head | High Reach – Two hand | Hamstring | Power Squat |
|  |  |  |  | |  |  |  |  |  |

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