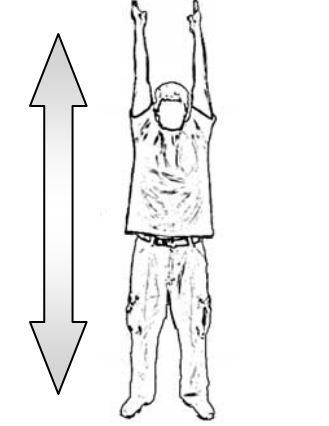
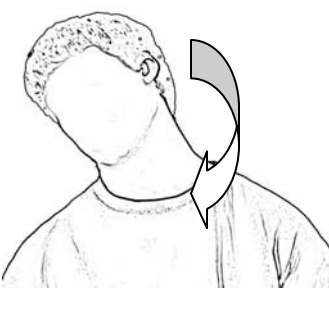
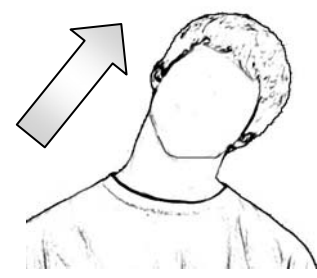


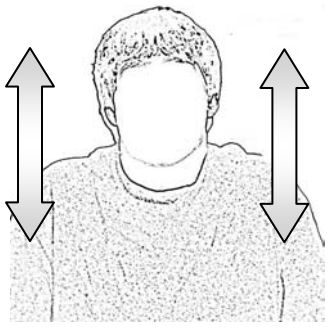

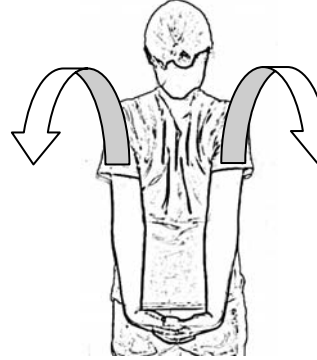
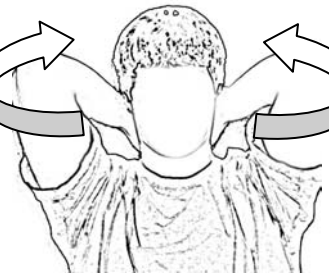
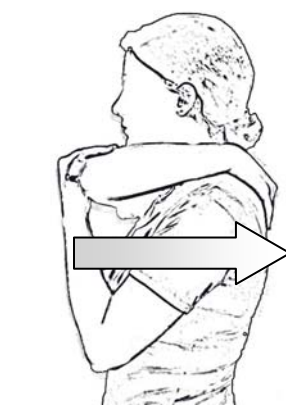


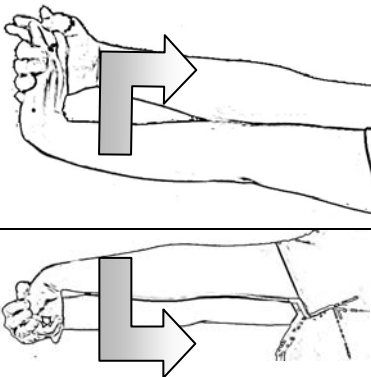

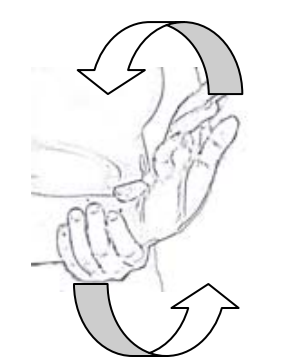
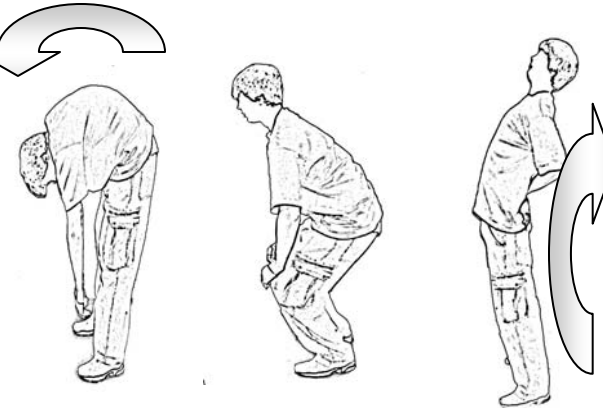
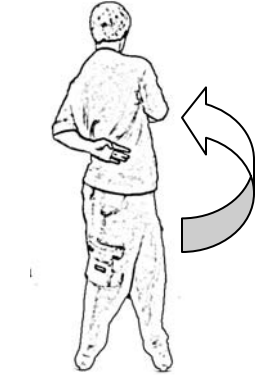


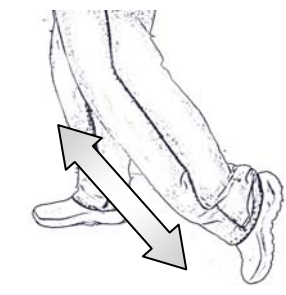
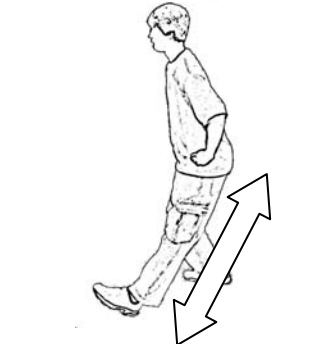


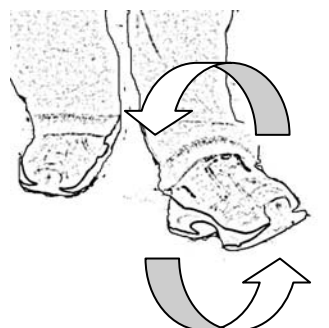


# FLEX BREAK STRETCHES

**As a group, pick about eight of the stretches to do as set. Rotate through all the stretches. Also perform individual stretches periodically throughout the day.**

<p><b>Rules of the Road</b></p> <p><b>Follow Medical Restrictions</b> Absolutely have to follow doctor's orders for any restricted activities.</p> <p><b>Technically Correct</b> Stretches must be performed correctly. Sloppy technique will not provide desired benefits.</p> <p><b>Energy Input/Output</b> If very little energy goes into stretch very little energy comes out with little or no benefit.</p>	<p><b>High Reach</b></p> 	<p><b>Neck Rotation</b></p> 	<p><b>Neck Side Stretch</b></p> 	<p><b>Neck Side Stretch</b></p> 	
<p><b>Neck Side Stretch</b></p> 	<p><b>Shoulder Shrug</b></p> 	<p><b>Shoulder Roll</b></p> 	<p><b>Shoulder Pull</b></p> 	<p><b>Elbow Pull/Roll</b></p> 	
<p><b>Arm Cross Pull</b></p> 	<p><b>Pat Back</b></p> 	<p><b>Large Arm Circles</b></p> 	<p><b>Wrist Flex/Extend</b></p> 	<p><b>Hands Together</b></p> 	
<p><b>Wrist Circles</b></p> 	<p><b>Slump/Backbend</b></p> 		<p><b>Rotation Hug</b></p> 	<p><b>Side Bend</b></p> 	<p><b>Hip Swivel</b></p> 
<p><b>Shin Stretch</b></p> 	<p><b>Hamstring</b></p> 	<p><b>Calf</b></p> 	<p><b>Heel/Toe Rock</b></p> 	<p><b>Ankle Circles</b></p> 	
<p><b>The 'Scoop'</b></p>					
