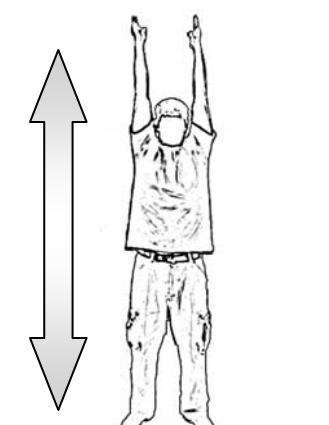
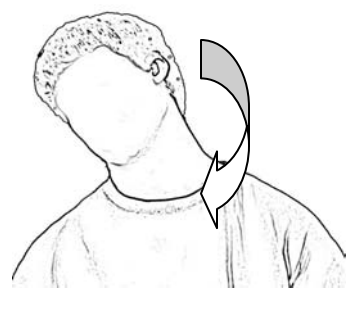
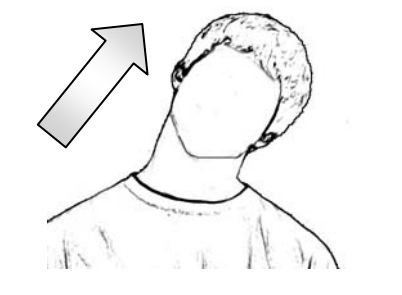
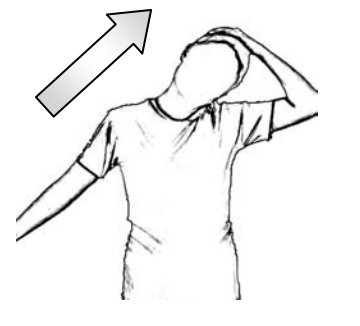

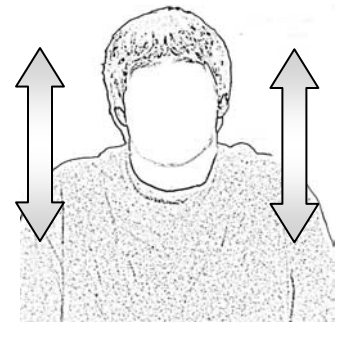
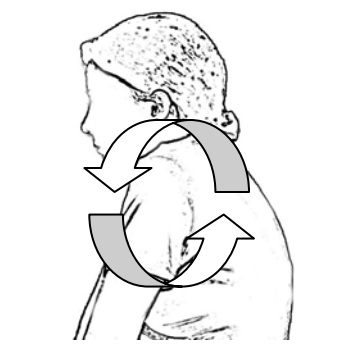
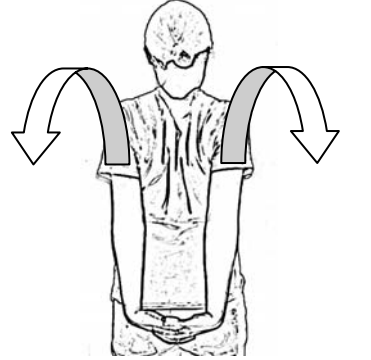
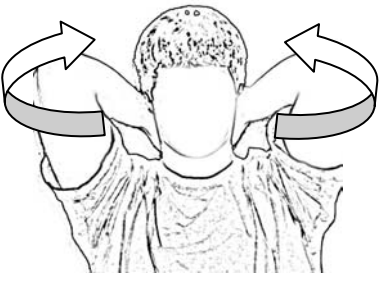
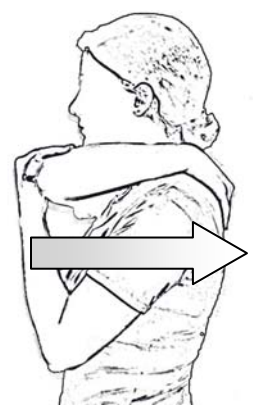


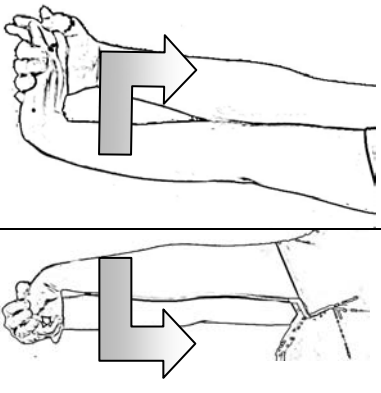

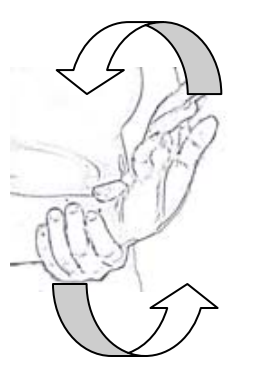
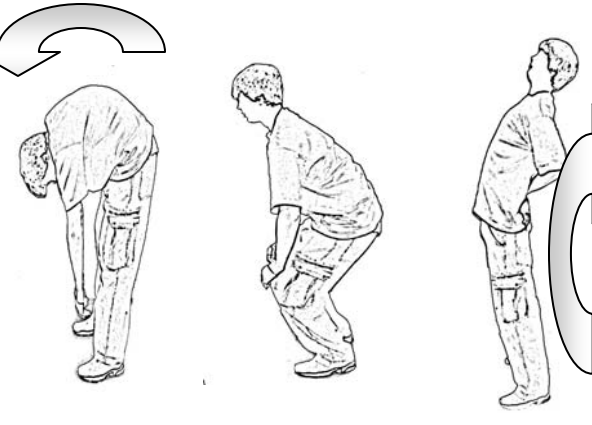



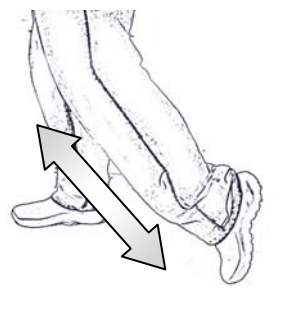
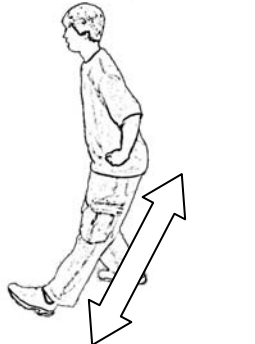
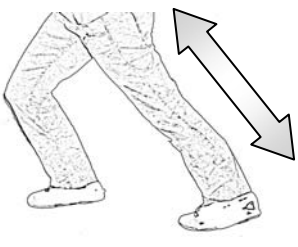
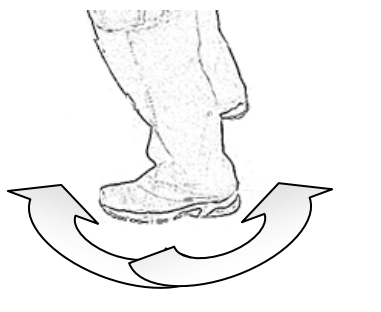
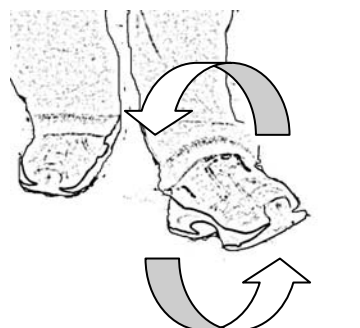


FLEX BREAK STRETCHES

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