

Stretch for Success

Before you perform any physical work, it is important to warm up and stretch the muscles. Doing the following stretches will aid in the prevention of musculoskeletal injuries.



SQUAT

Repeat slowly 10 times.



NECK STRETCH

Hold for five seconds on each side.



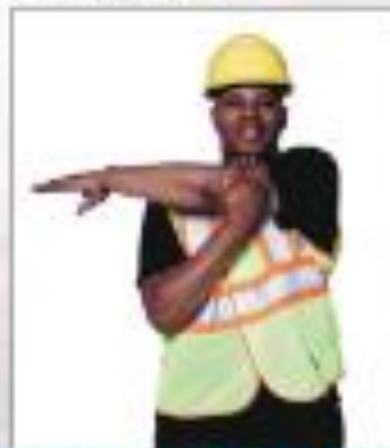
TOP OF FOREARM

Hold for five seconds.



UNDERSIDE OF FOREARM

Hold for five seconds.



SHOULDER STRETCH

Hold for five seconds on each side.



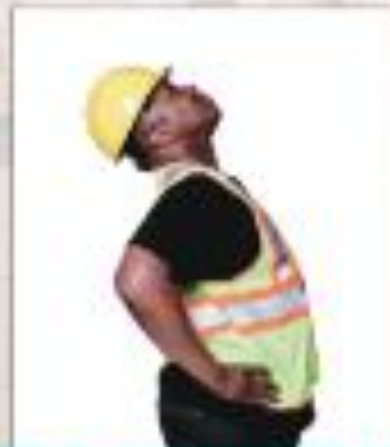
SIDE STRETCH

Hold for five seconds on each side.



BACK TWIST STRETCH

Hold for five seconds on each side.



BACK EXTENSION STRETCH

With hands on hips, arch your back and look up at the ceiling. Hold for five seconds.



FORWARD BEND STRETCH

With knees slightly bent, bend forward with arms hanging. Hold for five seconds.



QUADRICEPS STRETCH

Hold for five seconds on each side.



HAMSTRING STRETCH

Hold for five seconds on each side.