

# Stretching



## The Warm Up



It's important to warm up your muscles ***before*** you stretch and ***before*** you engage in physical work.

Repeat this squat 10 times, slowly.

## Stretching Sequence

It's important to stretch before, and during physical work (approximately every ½ hour).

<p>Neck</p> <p>1.</p>  <p>Hold for 5 seconds on each side</p>	<p>Top of Forearm</p> <p>2.</p>  <p>Hold for 5 seconds</p>	<p>Underside of Forearm</p> <p>3.</p>  <p>Hold for 5 seconds</p>	<p>Shoulder</p> <p>4.</p>  <p>Hold for 5 seconds on each side</p>	<p>Side</p> <p>5.</p>  <p>Hold for 5 seconds on each side</p>
<p>Back Twist</p> <p>6.</p>  <p>Hold for 5 seconds on each side</p>	<p>Back Extension</p> <p>7.</p>  <p>Hold for 5 seconds</p>	<p>Forward Bend</p> <p>8.</p>  <p>Hold for 5 seconds</p>	<p>Quadriceps</p> <p>9.</p>  <p>Hold for 5 seconds on each side</p>	<p>Hamstring</p> <p>10.</p>  <p>Hold for 5 seconds on each side</p>