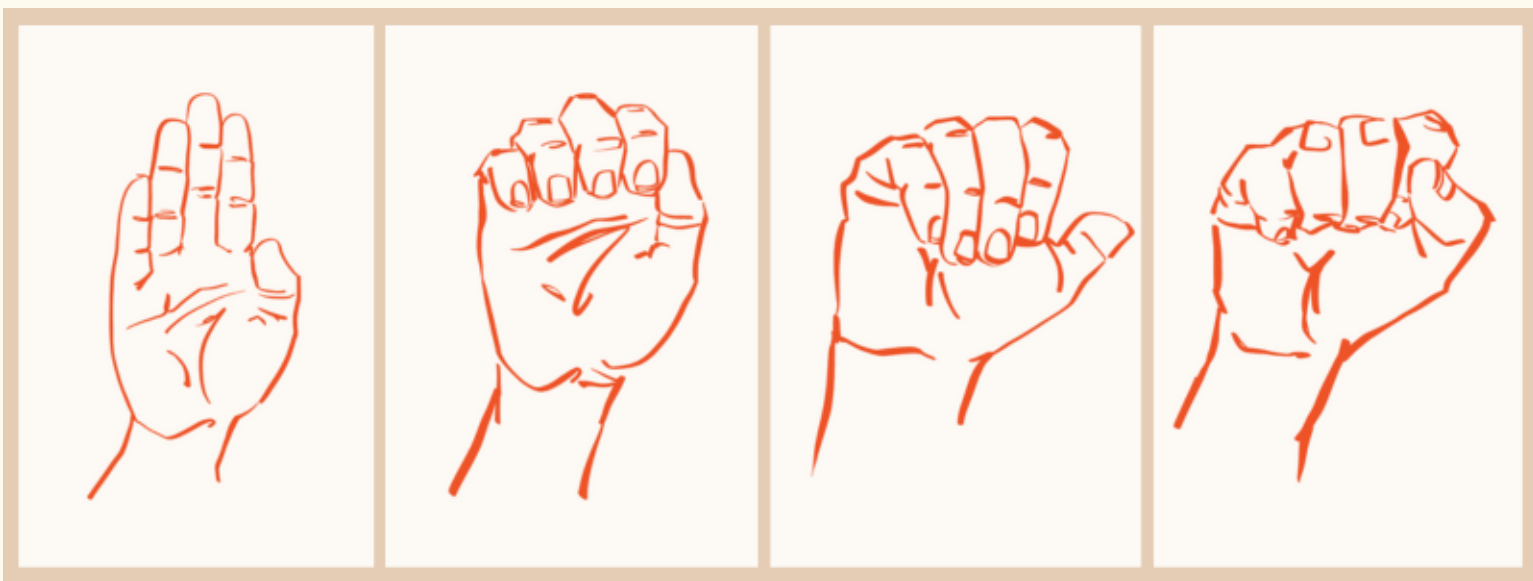
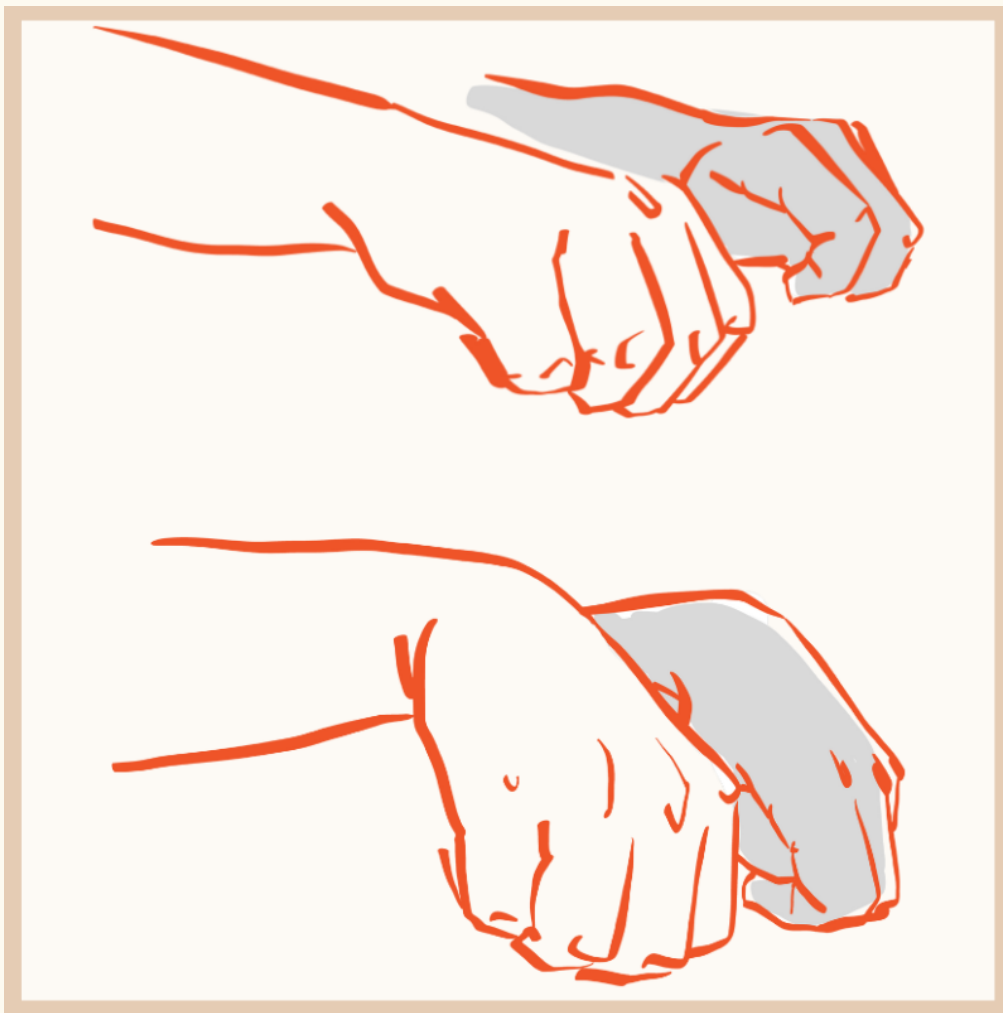


**Top:** Arm straight in front; make a “stop” sign; gently stretch hand and fingers back toward you. **Bottom:** Rotate hand outward so fingers face toward the floor; continue to stretch hand and fingers back toward you for a deeper stretch.



**Start with an open hand. Touch the fingertips to the top of your palm, Touch the fingertips to the bottom of the palm. Make a gentle closed fist. Then open your hand.**

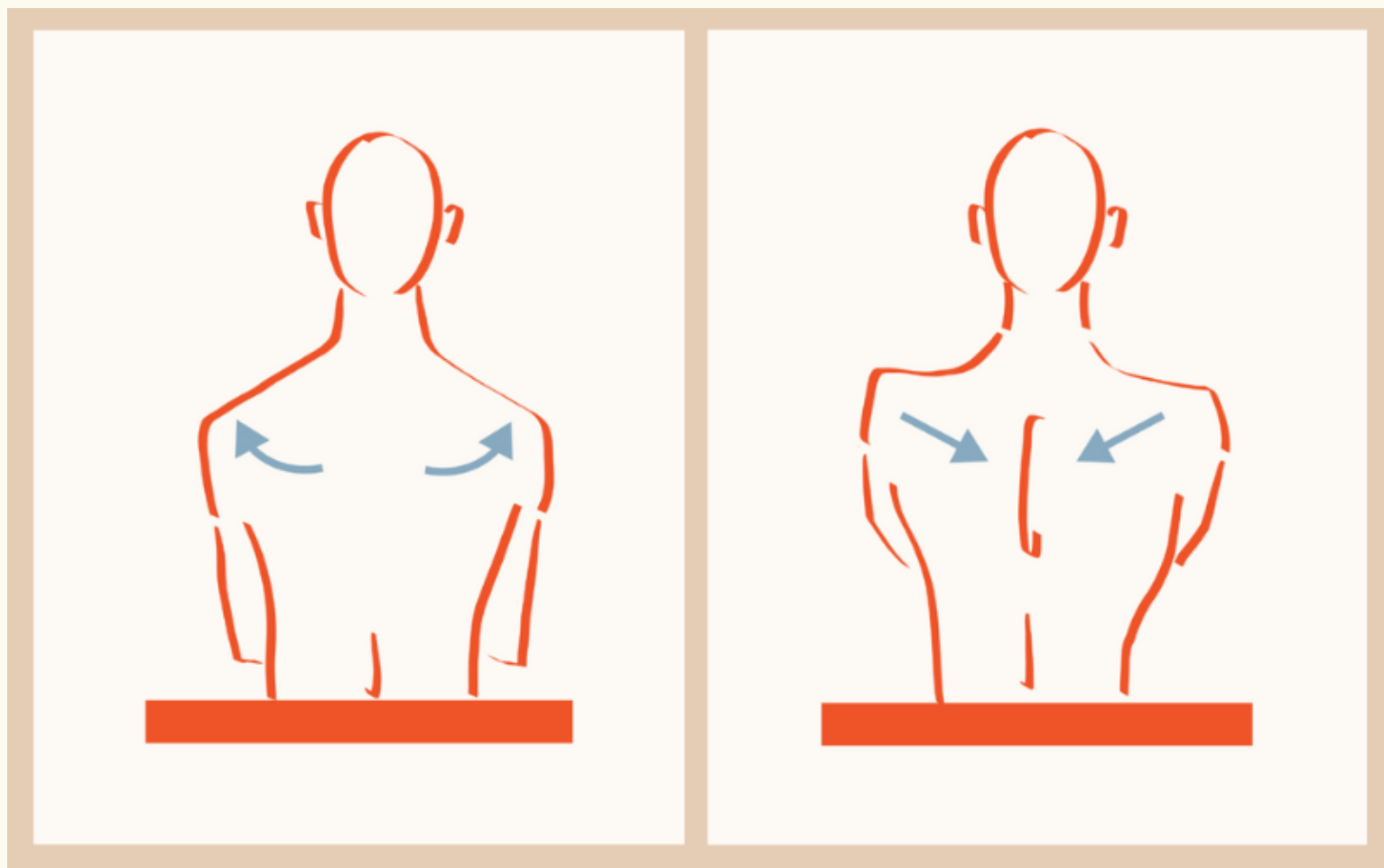


**Top:** Hold arms in front, tuck thumbs inside soft fists.  
**Bottom:** Gently flex fists downward to feel stretch on top of forearm.

**Rotate fists outward to feel full stretch of forearm and wrist.**



Shoulder muscles get stretched when you hold work in front of you. Squeeze shoulder blades together and hold for a count of 5 at the end of a row or round.



Please note: If you are past the point of mild discomfort, or if pain increases and spreads after a week or so, you should seek help from your physician or care provider. These suggestions below are not intended to be diagnostic or prescriptive.