



Remember to only stretch within your comfort level

IT BAND



PIRIFORMIS



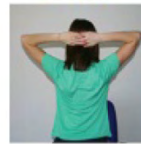
UPPER BACK



UPPER CHEST



CHEST



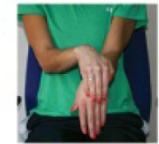
SIDE OF NECK



BACK OF NECK



WRIST EXTENSION



DESK STRETCHES

For all stretches: •Hold for 30 seconds •Repeat 2 times •Breathe deeply and relax



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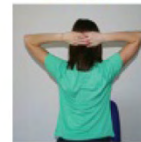
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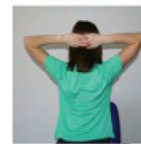
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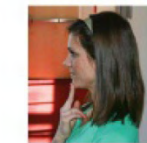
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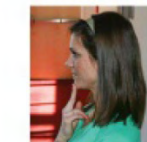
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