

General Stretches

Back Extension

...helps to maintain low back flexibility and gets it ready for lifting.



Chest/Bicep Stretch

...helps the front part of the shoulder, which is used when you reach and carry products.



Torso Stretch/Bend

...warms up the sides, abdominals and core muscles used for lifting.



Upper Back Stretch

...helps the back of the shoulder which is used when you pull in and carry products.



Neck Stretch

...helps prevent strain in the neck muscles.



Forearm Stretch

...helps warm up the forearm muscles used when carrying products.



Quadriceps Stretch

...helps the thigh muscles to get ready for lifting.



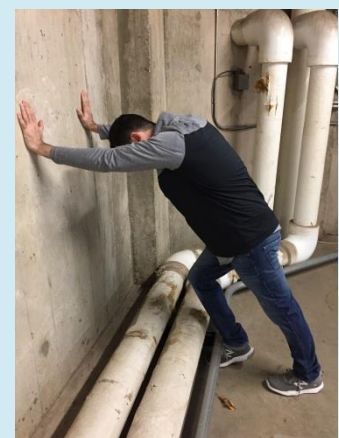
Hamstring Stretch

...helps the thigh muscles to get the legs ready for lifting.



Calf Stretch

...helps the calf muscles to get the legs ready for lifting.



Directions:

1. Back Extension

- a. Place both hands on your hips or lower back, then while contracting your abs slowly lean backwards and look up to the ceiling. Roll your shoulders back while you do this for a deeper stretch. Perform 3 sets of 10 seconds.

2. Chest/Bicep Stretch

- a. Place your left hand on the wall, and slowly lean into your left shoulder. You should feel a stretch in the front of the shoulder/bicep/chest. Repeat on the other side. Perform 3 sets of 10 seconds.

3. Torso Stretch/Bend

- a. In a seated or standing position, lace the fingers together and stretch them toward the ceiling. Take a deep breath and using your abs bend over to your left side and hold. Repeat on the other side. Perform 3 sets of 10 seconds.

4. Upper Back Stretch

- a. Extend both arms straight out and rotate the hands so that the palms face down. Contract the abs and round the back, reaching away as you relax the head. Perform 3 sets of 10 seconds.

5. Neck Stretch

- a. Gently pull while tilting your head to the left, feeling a stretch down the right side of the neck and shoulder. Repeat on the other side. Perform 3 sets of 10 seconds.
- b. Gently look over your left shoulder to feel a stretch down the right side of the neck and shoulder. Repeat on the other side. Perform 3 sets of 10 seconds.
- c. Gently look up to the ceiling and hold. Gently look down and tuck the chin to your chest, and hold. Perform 3 sets of 10 seconds.

6. Forearm Stretch

- a. Extend left arm out and turn the hand down so that the fingers point towards the floor. Use the right hand to gently pull the fingers toward you, feeling a stretch in the forearm. Repeat on the other side. Perform 3 sets of 10 seconds.
- b. Bring hands together in a prayer position and hold. For a deeper stretch, start from the bottom and bring the bottom of the hands up towards the chest. Perform 3 sets of 10 seconds.

7. Quadriceps Stretch

- a. While standing bend your left leg, bringing your heel toward your butt, and grasp your left foot with your left hand. Repeat on the other side. Perform 3 sets of 10 seconds.

8. Hamstring Stretch

- a. Start with your left leg up on a surface. Keep your shoulders down and relaxed; don't round your lower back. You should feel a mild pull gradually spread through the back of your left leg. Repeat on the other side. Perform 3 sets of 10 seconds.

9. Calf Stretch

- a. While standing, place your hands on a wall in front of you, with arms outstretched, elbows straight. Keeping your left knee slightly bent, move your left foot back one or two feet, and place your left heel and foot flat on the floor. Repeat on the other side. Perform 3 sets of 10 seconds.