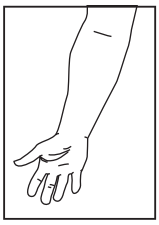
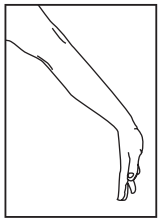
"ERGO BREAK"

Note: *If you have had any recent health problems, injury, or surgery, or if any of these actions cause you any pain, consult a health professional before starting this program.*

Finger and Wrist Flexor Stretch

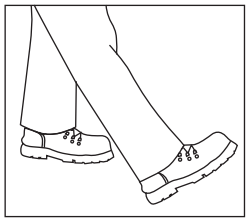

1.


2.


3.

1. Straighten your elbow with palm up.
2. Point your fingers toward floor.
3. Use your other hand to gently pull down on your palm and fingers.
4. Hold for 10 - 15 seconds. You should feel a mild pulling sensation. If you experience discomfort, then perform the stretch more gently or go back to the previous step.

Hamstring Stretch

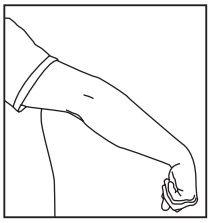

1.


2.

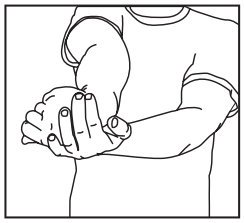
1. Place your heel on ground in front of you with knee straight. You may wish to stand next to something for balance.
2. Keep your back straight, look up at the ceiling, and bend forward at your hips.
3. Hold for 10 - 15 seconds. You should feel a mild pulling sensation. If you experience discomfort, then perform the stretch more gently or with your foot on the floor.

Finger and Wrist Extensor Stretch


1.

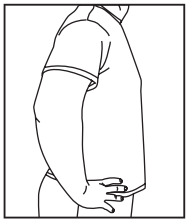

2.

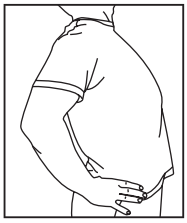

3.


4.

1. Straighten your elbow with palm down.
2. Bend your wrist down and make a gentle fist. If you feel discomfort in the back of your hand, then relax your fingers.
3. Gently pull down on the back of your hand.
4. Rotate your arm so that your hand is pointing away.
5. Hold for 10 - 15 seconds. You should feel a mild pulling sensation. If you experience discomfort, then perform the stretch more gently or go back to the previous step.

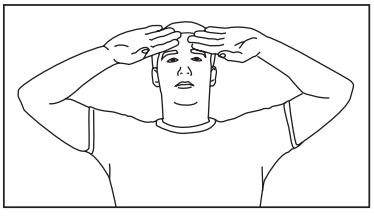
Low Back Flexor Stretch

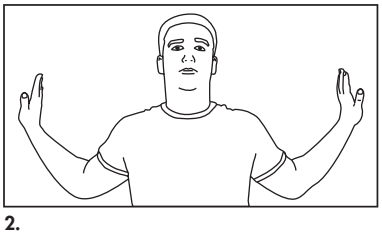

1.


2.

1. Place your hands on your hips.
2. Gently lean back.
3. Hold for 10 - 15 seconds. You should feel a mild pulling sensation. If you experience discomfort, then perform the stretch more gently or go back to the previous step.

Neck Shoulder Stretch


1.


2.


3.

1. Place hands in front of forehead with palms facing out. Take a deep breath in.
2. Pull elbows toward back pockets while rotating palms out.
3. Slowly exhale while squeezing shoulder blades together and drawing head back.
4. Once you have fully exhaled, hold for 10 - 15 seconds. Repeat for 2 repetitions. If you experience discomfort, then perform stretch more gently or go back to the previous step.

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