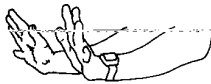


- Breathe easily
- No bouncing or forcing
- No pain!
- Follow the stretch
- Relax
- See Stretching Instructions, pp. 77-84

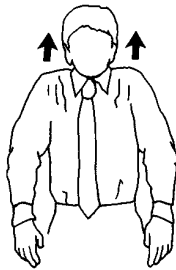
1
5 sec, 3 times
p. 82



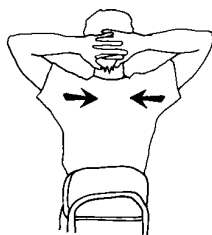
2
5 sec, 3 times
p. 82



5 sec, 2 times
p. 81



4
5 sec, 2 times
p. 84



5 sec
p. 84



5 sec
each side
p. 84



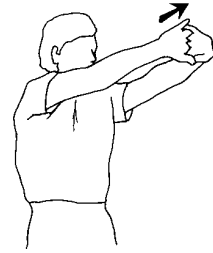
5 sec
p. 84



10 sec
each arm
p. 81



10 sec
p. 82



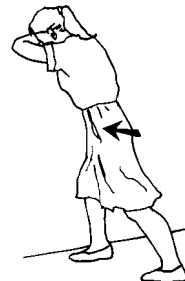
10
10 sec
p. 81



11
9 sec
each side
p. 82



12
10 sec
p. 79



- Prolonged sitting at a desk or computer terminal can cause muscular tension and pain.
- Taking a few minutes to do a series of stretches can make your whole body feel better.
- Learn to stretch spontaneously throughout the day whenever you feel tense.
- Don't just do seated stretches, but do some standing stretches too. Good for circulation.

From the book: