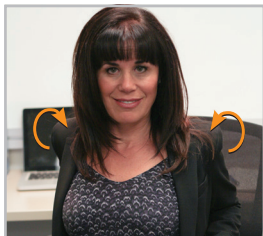




NECK TILT

Tilt your head to one side. Hold stretch for 15 seconds. Repeat other side.



SHOULDER CIRCLES

Slowly circle shoulders back and around. Repeat 10 times.



SHOULDER STRETCH

Take one arm across the body at chest height and hold in place with the opposite arm. Hold stretch for 15 seconds. Repeat with the other arm.



CHEST EXPANSION

Place your hands at your temples. Press elbows outward to open the chest. Hold stretch for 15 seconds.



WRIST FLEXION

Extend arm in front of you with palm facing down. Bend the fingers up with the opposite hand. Hold stretch for 15 seconds. Repeat other side.



WRIST EXTENSION

Extend arm in front of you with palm facing down. Bend fingers down with opposite hand. Hold stretch for 15 seconds. Repeat other side.



BACK EXTENSION

Place hands on your lower back. Gently apply pressure to arch lower back. Hold stretch for 10 seconds. Repeat 3 times.



LEG STRETCH

Extend straight leg in front. Flex your foot and lean forward. Hold stretch for 15 seconds. Repeat with other leg.



ANKLE FLEX/POINT

Extend legs in front of you. Alternate flexing feet then pointing toes. Repeat 10 times.

All exercises are done at your own risk

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