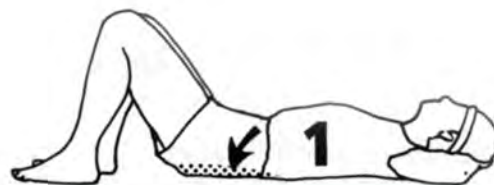


Stretches for the Neck, Shoulders & Arms

Approximately 5 Minutes

Many people carry stress in their neck and shoulder area. This stretching routine will help with that problem. Do these stretches throughout the day. Breathe deeply and relax.



5-6 seconds
(page 29)



3-5 seconds
2 times
(page 27)



5-6 seconds
2 times
(page 28)



8-10 seconds
each side
(page 29)



10 seconds
2 times
(page 46)



5 seconds
2 times
(page 46)



8-10 seconds
each side
(page 44)



8-10 seconds
each side
2 times
(page 47)



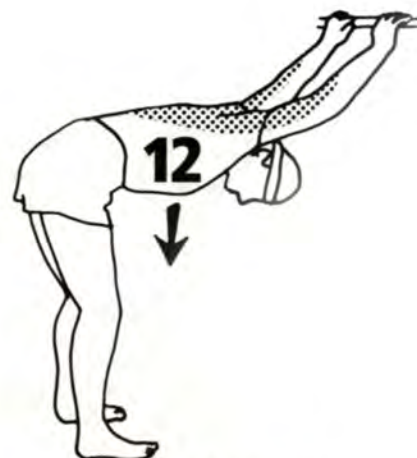
15 seconds
each arm
2 times
(page 44)



15-20 seconds
each arm
(page 43)



15-20 seconds
(page 47)



15-20 seconds
(page 81)