Shoulder Stretch:
With hands in front of body, interlace fingers and turn palms away from body. Gently straighten elbows and reach. Hold stretch for 10-20 seconds. Repeat at least twice.

Upper Body Stretch:
Interlace fingers, turn palms upward and straighten arms above head. Elongate arms to stretch through upper sides of your rib cage. Hold for 15-20 seconds.

Shoulder Shrugs:
Raise the top of your shoulders toward your ears until you feel the stretch in your neck and shoulders. Hold for 3-5 seconds. Repeat 2-3 times.

Wrist/Forearm Stretch:
Place hands at chest height palm to palm, fingers pointing up. Push hands and forearms downward. Keep palms together and elbows even. Hold for 10 seconds. Repeat 3 times.

Neck Tilts:
Place arms behind your back, grasp one wrist with opposite hand and pull while tilting head away from the arm you are stretching. Hold for 8-10 seconds. Reverse and repeat.

Side Stretch:
Stand or sit with back straight. Push one hand downward while stretching opposite hand up and over head. Hold for 8-10 seconds. Repeat for opposite side.

Back and Hip Stretch:
Cross left leg over right leg. Keeping shoulders square with the front of your body, look over left shoulder. Place right hand on left knee and apply pressure. Hold for 8-10 seconds. Repeat on other side.

Lower Back Stretch:
Place palms on lower back, fingers pointing downward. Gently push your palms forward and bend your spine backwards. Hold for 10-15 seconds. Repeat 2-3 times.

Wrist/Forearm Stretch:
Place hands at chest height palm to palm fingers pointing down. Pull hands and forearms upward. Keep palms together and elbows even. Hold 10 seconds. Repeat 3 times.

Triceps Stretch:
With arms overhead, hold right elbow with left hand. Gently pull elbow behind your head, creating a stretch down your right side. Hold for 8-10 seconds. Reverse position and repeat on left side.

Shoulder Stretch:
Use your left hand to grasp your right arm above the elbow. Pull shoulder height at right arm across your chest. Hold for 8-10 seconds. Repeat for other shoulder.

Hand, Wrist & Forearm Relaxation:
Relax hands and arms at your side. Shake hands and arms for 30 seconds to loosen tension.

To avoid injuries or to prevent aggravation of existing conditions, please check with your physician prior to engaging in any exercise program.