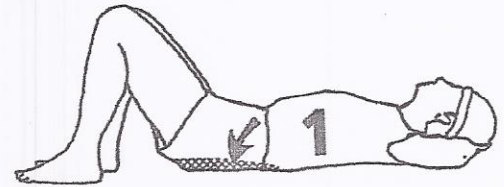


# Stretches for the Neck, Shoulders & Arms

Approximately 5 Minutes

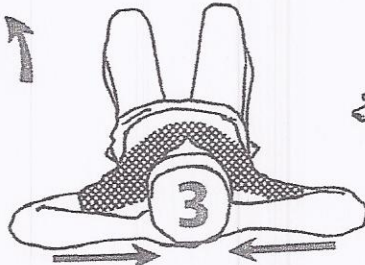
Many people carry stress in their neck and shoulder area. This stretching routine will help with that problem. Do these stretches throughout the day. Breathe deeply and relax.



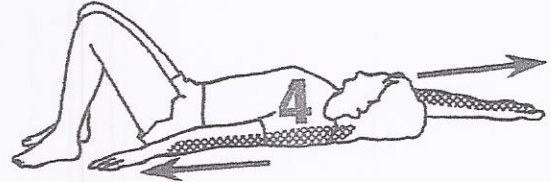
5-6 seconds



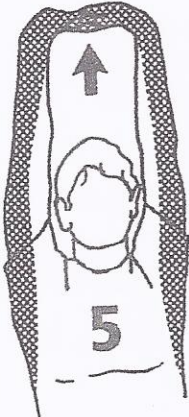
3-5 seconds  
2 times



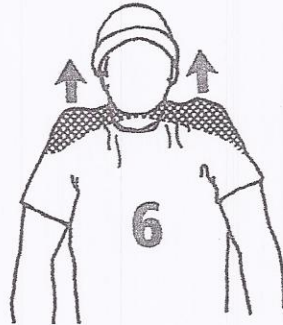
5-6 seconds  
2 times



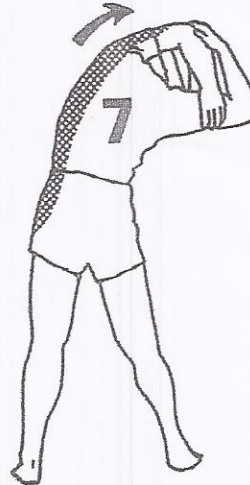
8-10 seconds  
each side



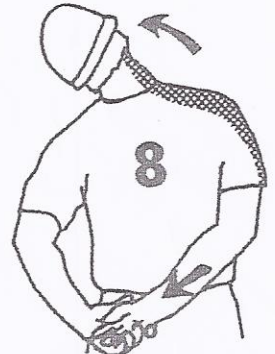
10 seconds  
2 times



5 seconds  
2 times



8-10 seconds  
each side



8-10 seconds  
each side  
2 times



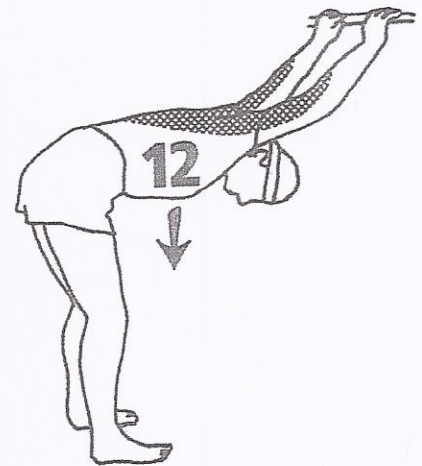
15 seconds  
each arm  
2 times



15-20 seconds  
each arm



15-20 seconds



15-20 seconds