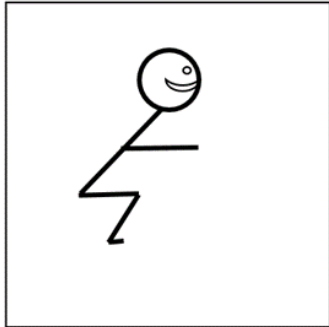
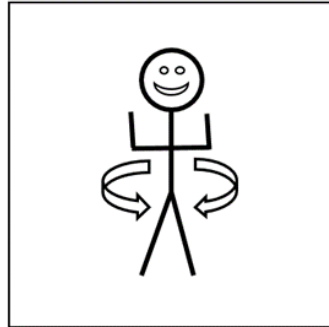


## STRETCH AND FLEX

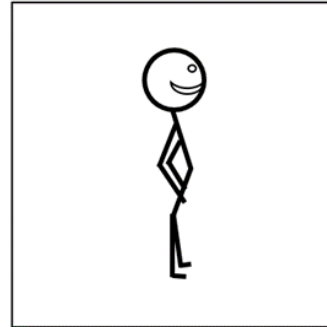
To reduce the risk of injury, most notably sprains and strains, take a few minutes to warm up and stretch your muscles before you work. Start your warm-up with these movements, which all begin in a neutral position: standing straight, looking forward, feet hip-width apart and knees slightly bent. Repeat each movement six to eight times.



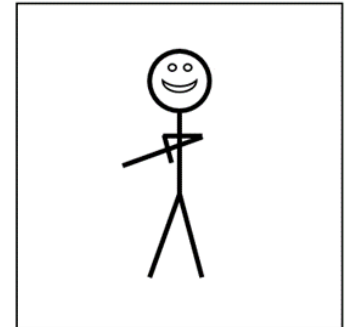
**SQUATS**  
Hold for 10 sec.



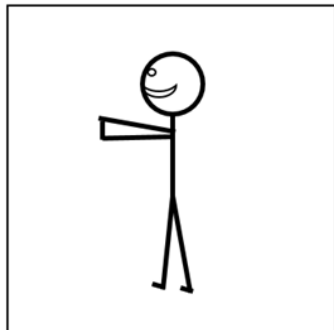
**HIP ROTATION**  
Rotate 5 each way.



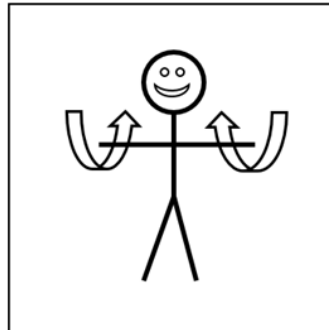
**BACK STRETCH**  
Hold for 10 sec.



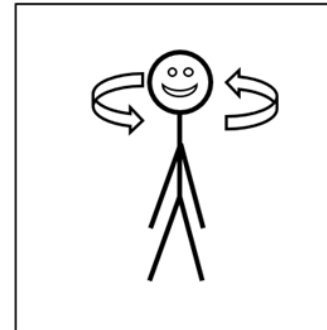
**ARM STRETCH**  
Hold for 10 sec. EA.



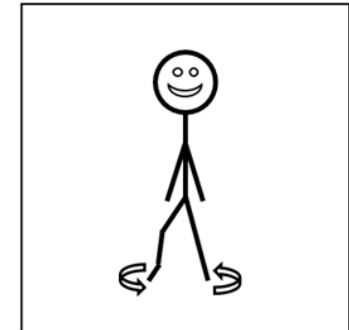
**WRIST STRETCH**  
Hold for 10 sec. EA



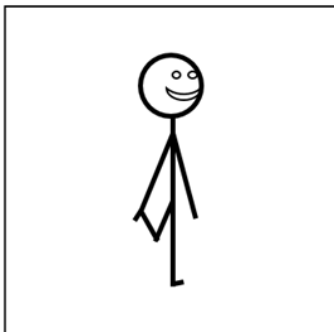
**ARM ROTATION**  
Rotate for 10 sec.  
each direction.



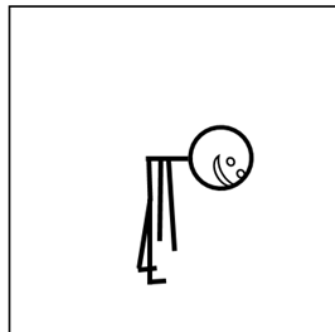
**NECK ROTATION**  
Rotate for 10 sec.  
each directions.



**ANKLE ROTATION**  
Rotate for 10 sec.  
each direction.



**KNEE STRETCH**  
Hold for 10 sec. EA.



**BACK STRETCH**  
Hold for 10 sec.

Training Name: **STRETCH AND FLEX**

Date of Training: \_\_\_\_\_

## Print Name

## Sign Name

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