

AT WORK

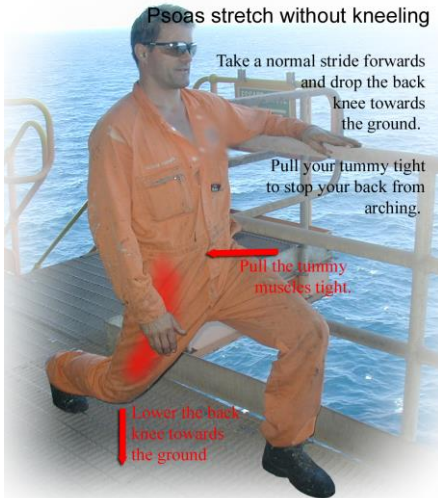
Hamstrings Stretch



Quadriceps Stretch



Psoas stretch without kneeling



Hip Rotator Stretch



Pectorals and Biceps Stretch

To stretch the pectorals put the palm of the hand on something about ear height and turn the shoulders away.

To stretch the biceps perform the same movement with the hand rolled over so the back of the hand is against the...



Calf Stretches

