MARCH

ON THE MOVE

Do these quick stretches regularly to reduce fatigue and avoid injury:

1

Repeat 3 times, 5 seconds each

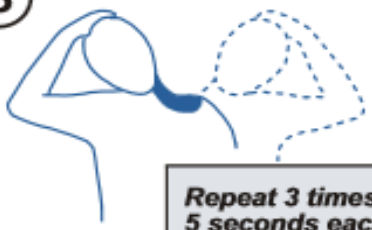
BACK EXTENSION

2

Do once for 15 seconds

NECK FORWARD

3



Repeat 3 times, 5 seconds each

NECK LEFT & RIGHT

4

Repeat 3 times, 5 seconds each, both sides

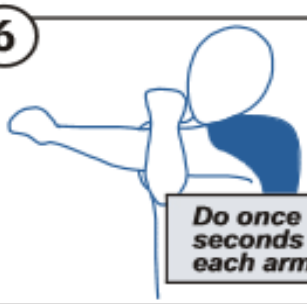
ELBOW PULLOVER

5

Do once for 15 seconds on each side

SHOULDER OVER

6



Do once for 15 seconds with each arm

SHOULDER ACROSS

7

Do once for 15 seconds each arm

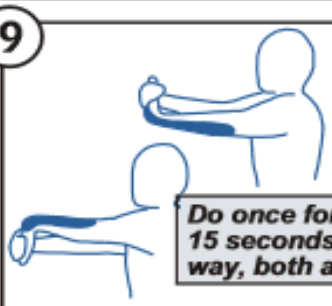
SHOULDER BACK

8

Do once for 15 seconds

BRIDGE STRETCH

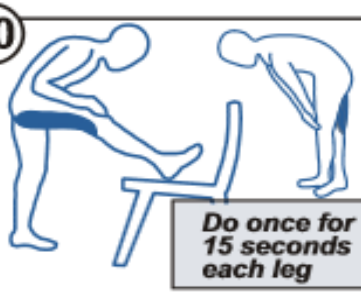
9



Do once for 15 seconds each way, both arms

FOREARM & WRIST

10



Do once for 15 seconds each leg

HAMSTRING STRETCH

11

Do once for 15 seconds each leg

CALF STRETCH

12

Do once for 15 seconds each leg

QUAD & FLEXOR STRETCH