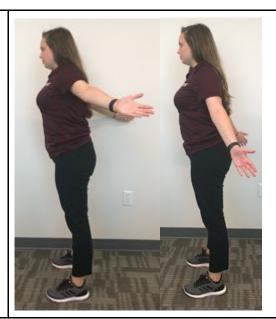


Laboratory Employee Stretching Guide

Stretch	Photo	Instruction
Shoulder Rolls		 Stand up in a neutral posture. Roll shoulders backward in a circular motion. Perform 2 sets of 10 repetitions.
Arm Extensions		 Place one hand on top of the other and extend arms downward in front of the body. Hold stretch for 20 seconds. Perform 2 sets of 10 repetitions for each direction: Downward, upward, and horizontal. Remember to switch direction between sets.
Torso Twist		 Stand with a neutral posture. Cross arms in front of chest. Twist to one side, while keeping hips facing forward. Perform 2 sets of 10 repetitions on each side, alternating sides between sets.

Trunk bend	 Stand with feet shoulder width apart. Place hands on hips and bend torso to one side. Hold stretch for 20 seconds. Perform stretch twice on each side, switching sides between sets.
Chest Stretch	 Place hands behind head. Pull elbows backward. Hold stretch for 20 seconds. Perform stretch twice.

Shoulder Stretch



- Hold arms straight out from sides, parallel to ground.
 Stretch arms backward.
- Hold stretch for 20 seconds.
- Perform stretch twice in each direction: horizontal to ground and perpendicular to ground.