

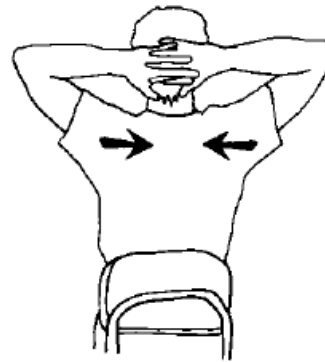
Upper Body Tension Relief Guide



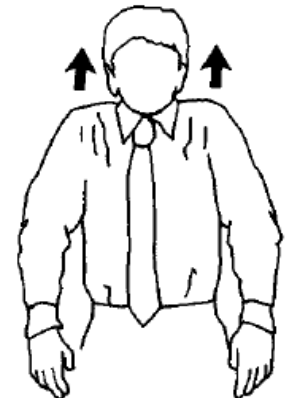
Neck Side Bend



Neck Rotation



Shoulder Retraction



Shoulder Shrugs



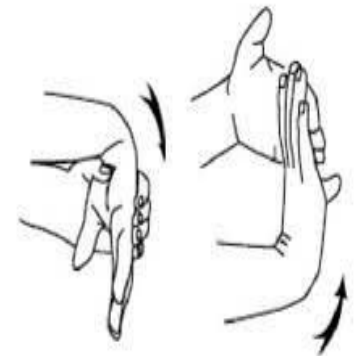
**Shoulder &
Rhomboid
Stretch**



Overhead Reach



Side Bend & Triceps Stretch



**Wrist Flexor
& Extensor
Stretch**

Photos courtesy of Shelter Pub Fitness Guides

~ Move hourly ~ Hold each stretch for 20 seconds per side ~ Stretches should be pain free ~

