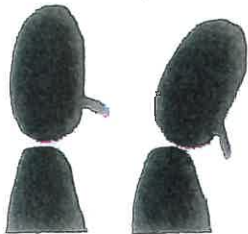


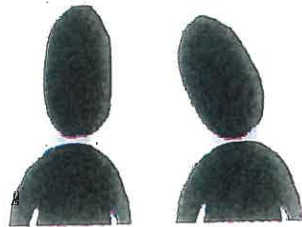
E XERCISE USING STRETCHES AND POSTURE PROMOTING ACTIVITIES!

HOW?

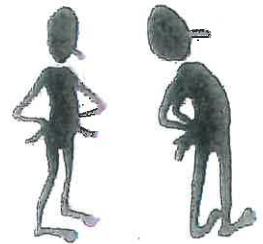
Chin Tuck



Side Stretch



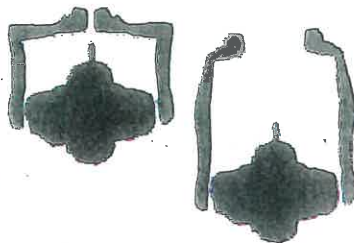
Back Bend



Shoulder Roll



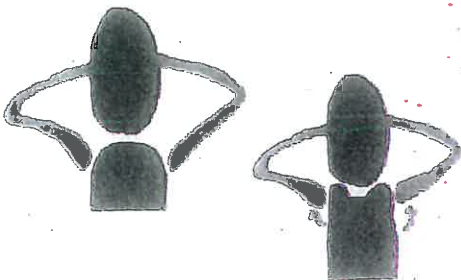
Tennis Elbow Stretch



Loose Golfer



Shoulder Stretch



Hand Spread

