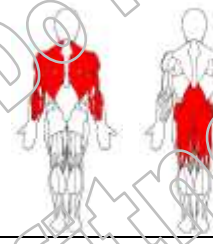


# STRETCHING

## FOOD SERVICES



NECK



SHOULDERS & UPPER BACK



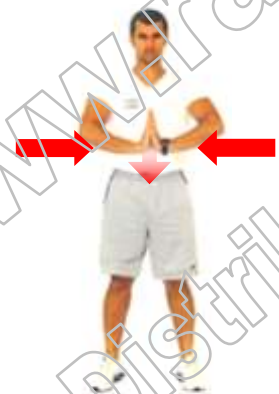
NECK & UPPER BACK



TRICEPS



BICEPS & FOREARMS



WRISTS



WRISTS



LATS / FULL BODY



HAMSTRINGS & LOW BACK

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain



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