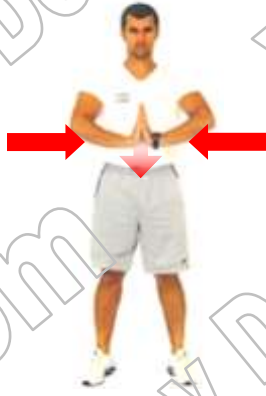
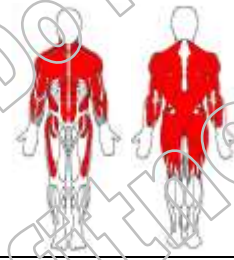


STRETCHING

I.T. PROFESSIONALS



WRISTS



WRISTS



NECK



NECK



LOW BACK & GLUTES



GLUTES & ABDUCTORS



GLUTES & ABDUCTORS



SHOULDERS & UPPER BACK



SHOULDERS & CHEST



FULL BODY

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



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