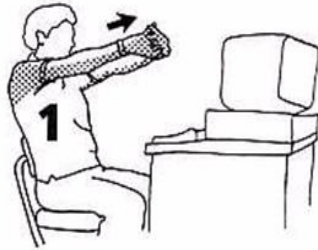


# ERGONOMICS STRETCHES

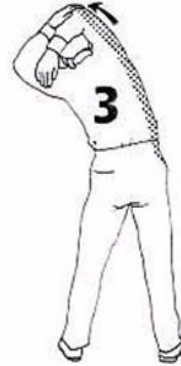
Perform every 30-60 minutes



10-20 seconds  
2 times



10-15 seconds



8-10 seconds  
each side



15-20 seconds



3-5 seconds  
3 times



10-12 seconds  
each arm



10 seconds



10 seconds



8-10 seconds  
each side



8-10 seconds  
each side



10-15 seconds  
2 times



Shake out hands  
8-10 seconds