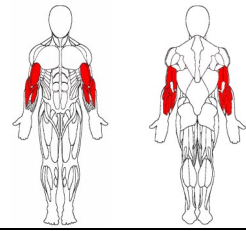



STRETCHING

ARMS



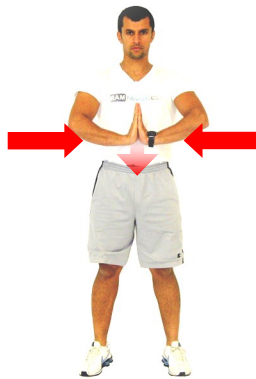
 Consult a physician before starting any stretching regime. This chart is for informational purposes only.



**BICEPS &
FOREARMS**



**BICEPS &
FOREARMS**



WRIST



WRIST



TRICEPS

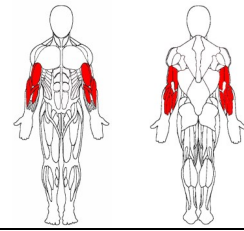


TRICEPS

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

STRETCHING

ARMS



 Consult a physician before starting any stretching regime. This chart is for informational purposes only.



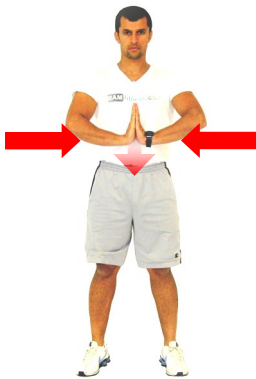
BICEPS & FOREARMS

Extend the right arm down with the palm of the hand facing down and fingers pointing backward toward the body. Place the left hand underneath the palm of the right hand and slightly pull the fingers up to feel a slight stretch in the forearm area. Switch sides.



BICEPS & FOREARMS

Place both hands palms down on a low and stable surface (like a chair.) Turn fingers toward the body. Gently lean forward until you feel a mild stretch in the forearms area.



WRIST

Place your hands together with fingers pointing up. Gently press palms together and slowly downward until you feel a stretch in the wrist area.



WRIST

Place your arms in front of you with your elbows at torso level. Point your fingers down and gently pull the palms of your hands towards your body until you feel a mild stretch in the wrist area.



TRICEPS

Place the right hand behind your neck with the right elbow pointing up toward the ceiling. Extend left hand across and slightly push the right elbow backward until you feel a mild stretch in the triceps area. Switch sides.



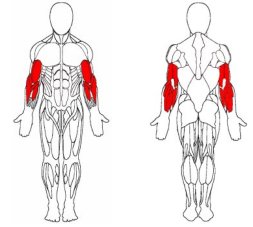
TRICEPS

Hold a towel's end with the right hand. Place the right hand behind your neck with the right elbow pointing up toward the ceiling. Extend left hand behind back and grab the towel. Gently pull down with the left hand until you feel a mild stretch in the right triceps area. Switch sides.

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

STRETCHING LOG

ARMS



⚠️ Consult a physician before starting any stretching regime. This chart is for informational purposes only.



	Biceps & Forearms	Biceps & Forearms	Wrists	Wrists	Triceps	Triceps
Mon						
Tue						
Wed						
Thurs						
Fri						
Sat						
Sun						

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