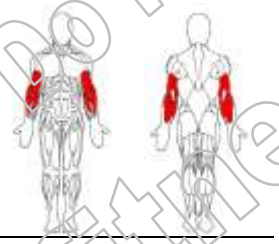


STRETCHING

ARMS



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WRIST



WRIST



TRICEPS



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



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