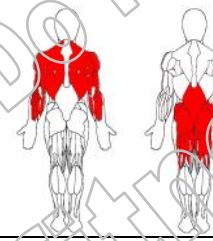


STRETCHING

FOOD SERVICES



NECK



SHOULDERS &
UPPER BACK



NECK &
UPPER BACK



TRICEPS



BICEPS & FOREARMS



WRISTS



WRISTS



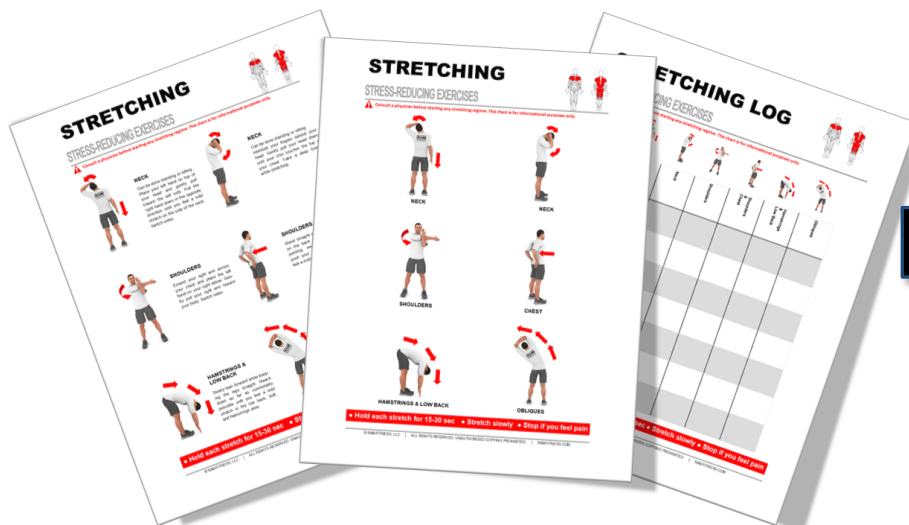
LATS /
FULL BODY



HAMSTRINGS &
LOW BACK

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

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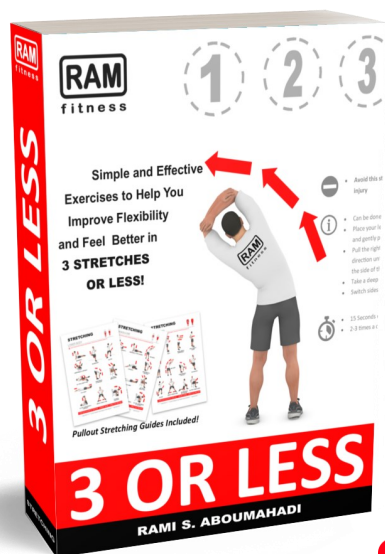
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