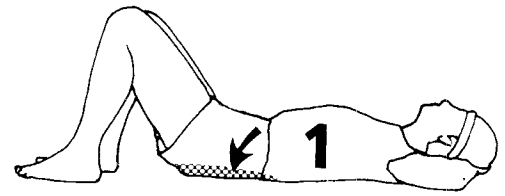


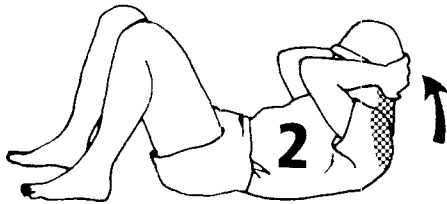
# Stretches for the Neck, Shoulders & Arms

Approximately 5 Minutes

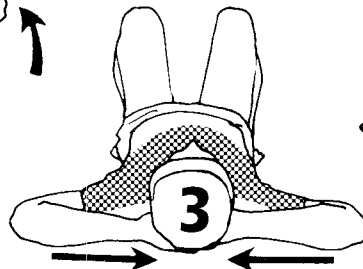
Many people carry stress in their neck and shoulder area. This stretching routine will help with that problem. Do these stretches throughout the day. Breathe deeply and relax.



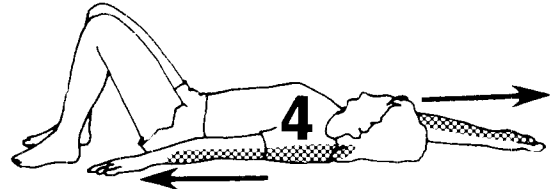
5-6 seconds  
(page 29)



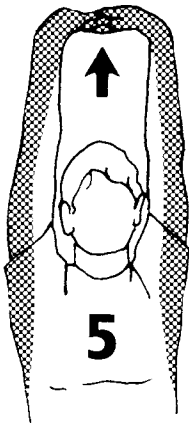
3-5 seconds  
2 times  
(page 27)



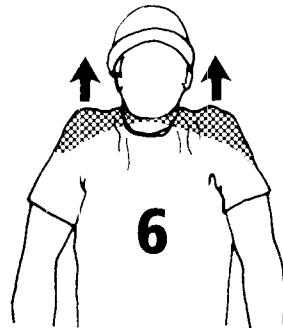
5-6 seconds  
2 times  
(page 28)



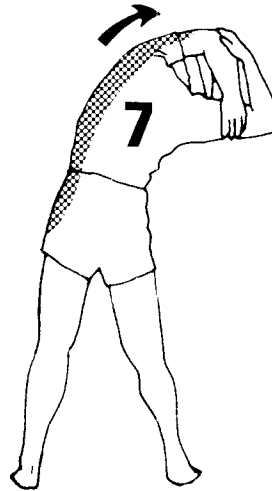
8-10 seconds  
each side  
(page 29)



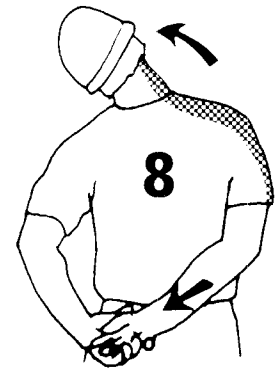
10 seconds  
2 times  
(page 46)



5 seconds  
2 times  
(page 46)



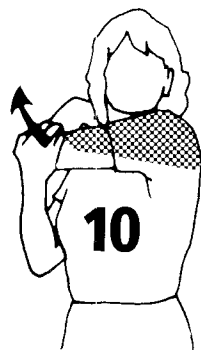
8-10 seconds  
each side  
(page 44)



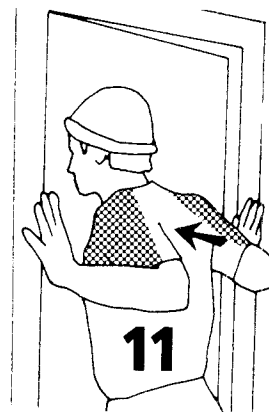
8-10 seconds  
each side  
2 times  
(page 47)



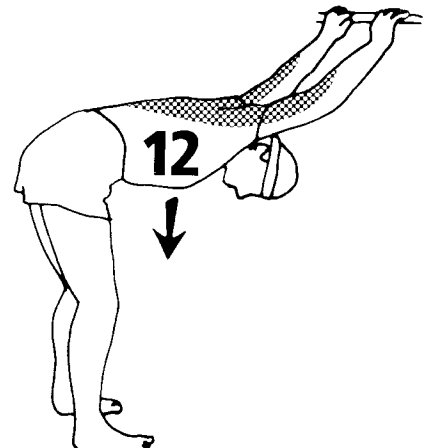
15 seconds  
each arm  
2 times  
(page 44)



15-20 seconds  
each arm  
(page 43)



15-20 seconds  
(page 47)



15-20 seconds  
(page 81)