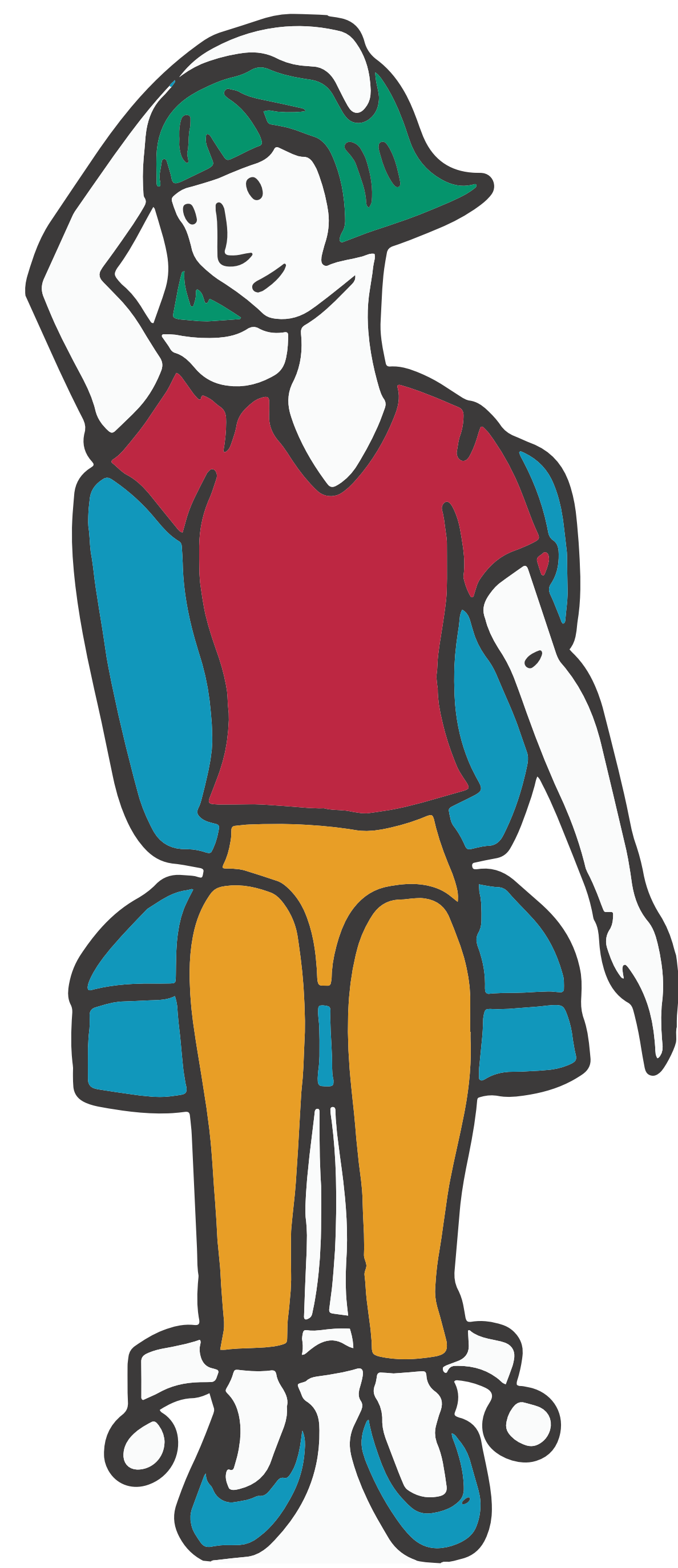


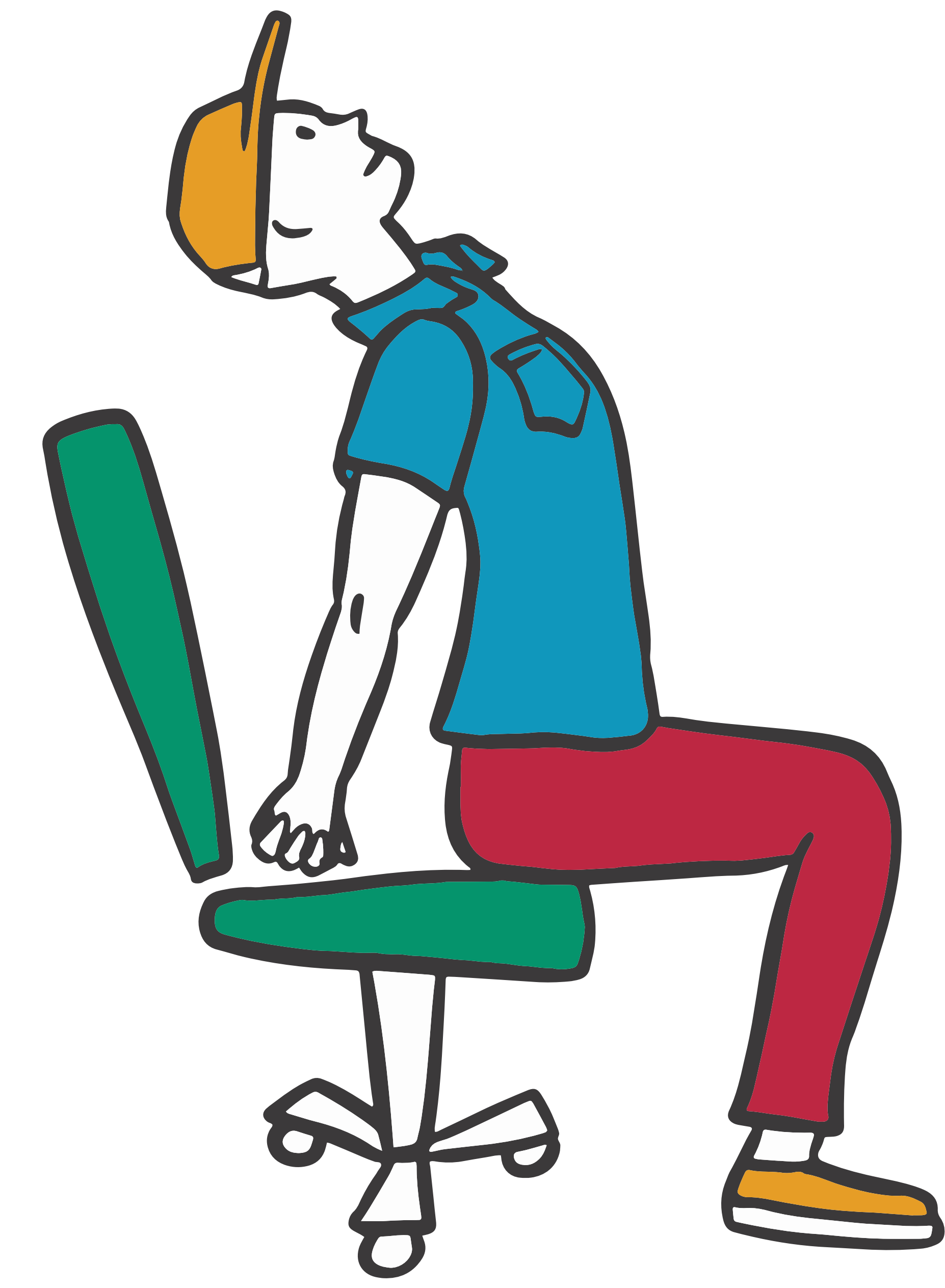
Improve  
your  
**WORK  
FLOW**  
with these  
**EASY**  
stretches



Deep Neck Stretch



Wrist Circles



Shoulder stretch



Cat-Cow Stretch



Figure Four Stretch



Chair Twist