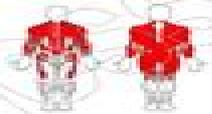


# STRETCHING

## OFFICE



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



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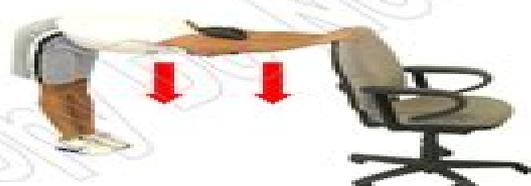
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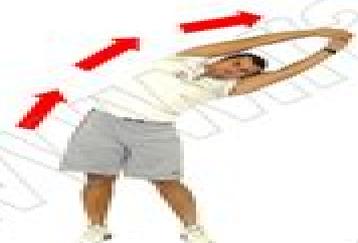
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**BICEPS & FOREARMS**



**BACK & LATS**



**OBLIQUES**



**SHOULDERS & RHOMBOIDS**



**NECK**



**TRICEPS**



**SHOULDERS & CHEST**



**LATS**

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

# Stretching In The Office

**Lingjun Ying**



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