Quick Stretches

Do these quick stretches regularly to reduce fatigue and avoid injury:

1. **BACK EXTENSION**
   - Repeat 3 times, 5 seconds each
2. **NECK FORWARD**
   - Do once for 15 seconds
3. **NECK LEFT & RIGHT**
   - Repeat 3 times, 5 seconds each
4. **ELBOW PULLOVER**
   - Repeat 3 times, 5 seconds each, both sides
5. **SHOULDER OVER**
   - Do once for 15 seconds on each side
6. **SHOULDER ACROSS**
   - Do once for 15 seconds with each arm
7. **SHOULDER BACK**
   - Do once for 15 seconds each arm
8. **BRIDGE STRETCH**
   - Do once for 15 seconds
9. **FOREARM & WRIST**
   - Do once for 15 seconds each way, both arms
10. **HAMSTRING STRETCH**
    - Do once for 15 seconds each leg
11. **CALF STRETCH**
    - Do once for 15 seconds each leg
12. **QUAD & FLEXOR STRETCH**
    - Do once for 15 seconds each leg

See more stretching information at [Barbre Ergonomics](http://barbre.com), where this image was sourced from.