

# Warm-ups

Shoulder Roll



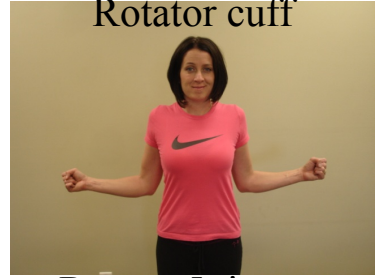
Repeat 5 times

Back stretch



Repeat 5 times

Rotator cuff



Repeat 5 times

Forward Neck



Repeat 2 times

Side Neck



Repeat 2 times

Marching in place



Repeat 5 times

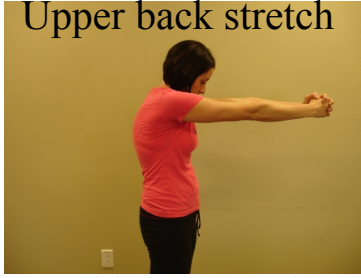
# Stretches

Shoulder stretch



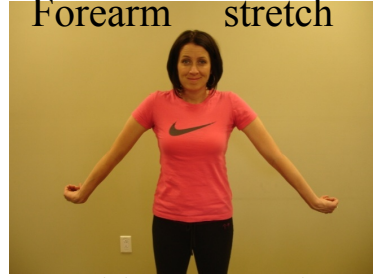
Hold 10 seconds

Upper back stretch



Hold 10 seconds

Forearm stretch



Hold 10 seconds

Wrist stretch



Hold 10 seconds

Wrist stretch



Hold 10 seconds

Tendon glides



Repeat 5 times

Grip flex



Repeat 5 times

Upper arm stretch



Hold 10 seconds

Thumb stretch



Hold 10 seconds

Leg stretch



Hold 10 seconds

Ham string stretch



Hold 10 seconds

Calf stretch



Hold 10 seconds