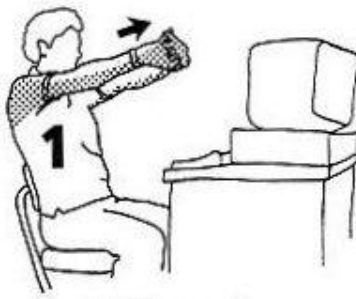


Workstation Stretches

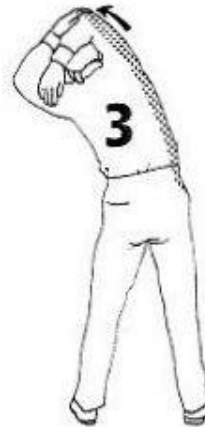
MediFit



1
10-20 seconds
2 times



2
10-15 seconds



3
8-10 seconds
each side



4
15-20 seconds



5
3-5 seconds
3 times



6
10-12 seconds
each arm



7
10 seconds



8
10 seconds



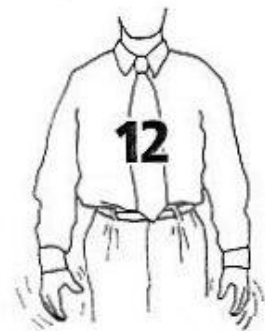
9
8-10 seconds
each side



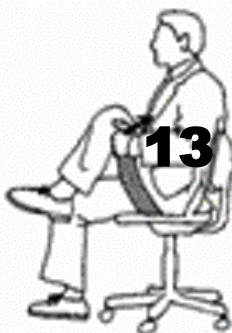
10
8-10 seconds
each side



11
10-15 seconds
2 times



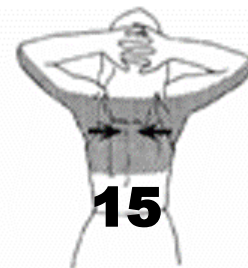
12
Shake out hands
8-10 seconds



13
8-10 seconds
each side



14
15-20 seconds



15
15-20 seconds