



# Laboratory Employee Stretching Guide

Stretch	Photo	Instruction
Shoulder Rolls		<ul style="list-style-type: none"><li>• Stand up in a neutral posture.</li><li>• Roll shoulders backward in a circular motion.</li><li>• Perform 2 sets of 10 repetitions.</li></ul>
Arm Extensions		<ul style="list-style-type: none"><li>• Place one hand on top of the other and extend arms downward in front of the body.</li><li>• Hold stretch for 20 seconds.</li><li>• Perform 2 sets of 10 repetitions for each direction: Downward, upward, and horizontal.</li><li>• Remember to switch direction between sets.</li></ul>
Torso Twist		<ul style="list-style-type: none"><li>• Stand with a neutral posture.</li><li>• Cross arms in front of chest.</li><li>• Twist to one side, while keeping hips facing forward.</li><li>• Perform 2 sets of 10 repetitions on each side, alternating sides between sets.</li></ul>

<p>Trunk bend</p>		<ul style="list-style-type: none"> <li>● Stand with feet shoulder width apart.</li> <li>● Place hands on hips and bend torso to one side.</li> <li>● Hold stretch for 20 seconds.</li> <li>● Perform stretch twice on each side, switching sides between sets.</li> </ul>
<p>Chest Stretch</p>		<ul style="list-style-type: none"> <li>● Place hands behind head.</li> <li>● Pull elbows backward.</li> <li>● Hold stretch for 20 seconds.</li> <li>● Perform stretch twice.</li> </ul>

## Shoulder Stretch



- Hold arms straight out from sides, parallel to ground.
- Stretch arms backward.
- Hold stretch for 20 seconds.
- Perform stretch twice in each direction: horizontal to ground and perpendicular to ground.