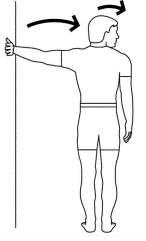
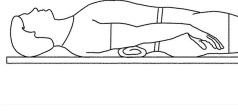




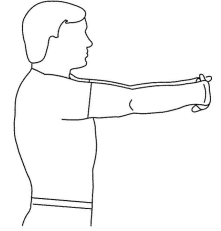
Plexus stretch



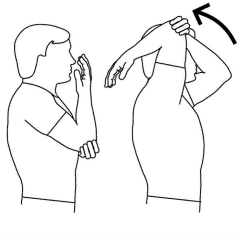
Elbow static extend stretch



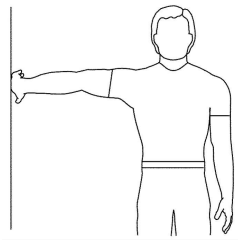
Front Rhomboid stretch



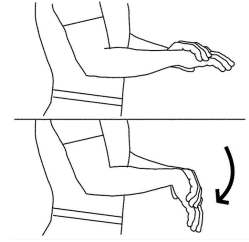
Triceps stretch



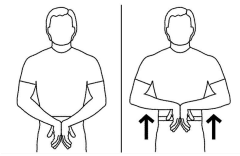
Wall wrist stretch



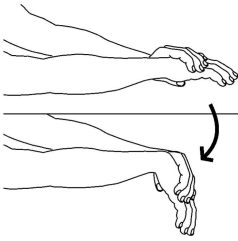
Bent arm downward wrist stretch



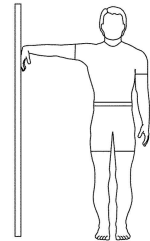
Reverse prayer stretch



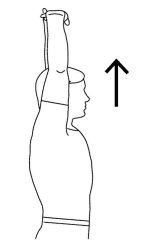
Forward wrist stretch



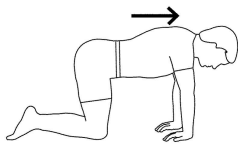
Wall curl down



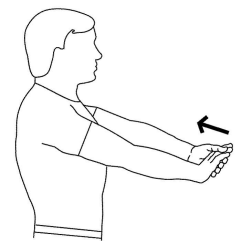
Overhead wrist stretch



Floor wrist stretch



Straight arm wrist pull back stretch



Issued By: Ben Neves

Signature: \_\_\_\_\_

These exercises are to be used only under the direction of a licensed, qualified professional.

Ben Neves Health and Fitness

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