

Before & After

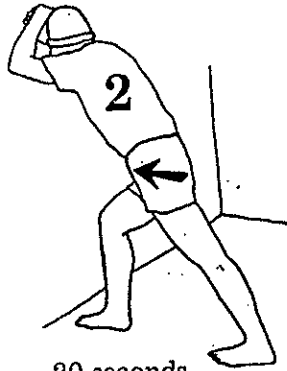
# Indoor and Outdoor Work

Approximately 5 Minutes

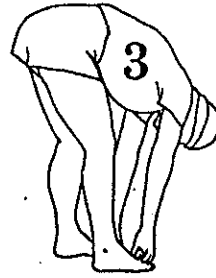
Before you do any indoor or outdoor work such as cleaning, painting, gardening, digging, building, carrying heavy loads, do a few minutes of easy stretching. This will help get your body ready to work efficiently without the usual muscle tightness and stiffness that results from this kind of work. Stretch to reduce muscle tension and make work easier.



30 seconds  
(page 53)



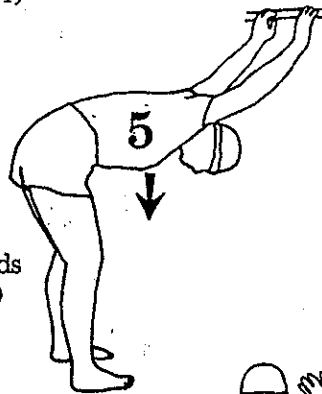
20 seconds  
each leg  
(page 71)



20 seconds  
(page 52)



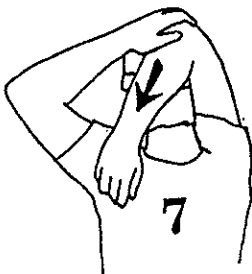
20 seconds  
(page 65)



15 seconds  
(page 80)



2 times  
10 seconds each  
(page 43)



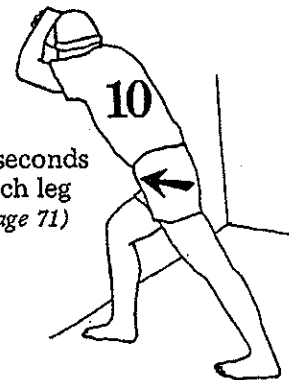
10 seconds  
each arm  
(page 41)



5 times  
each direction  
(page 89)



20 seconds  
each leg  
(page 74)



20 seconds  
each leg  
(page 71)