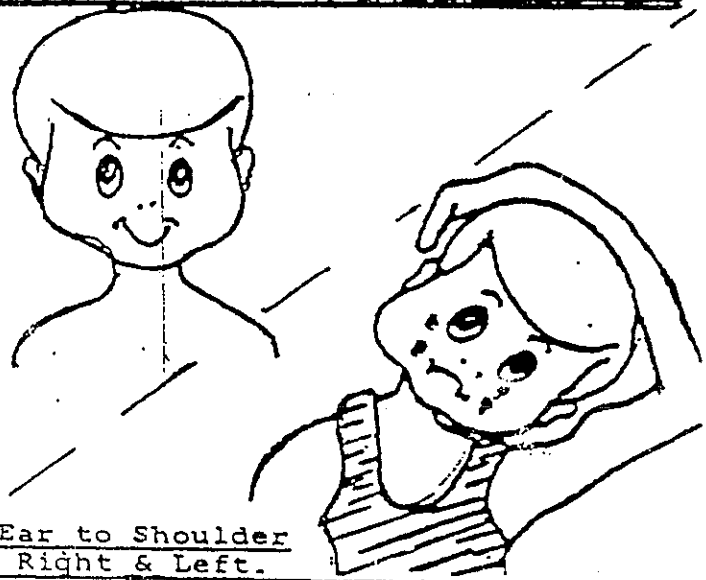
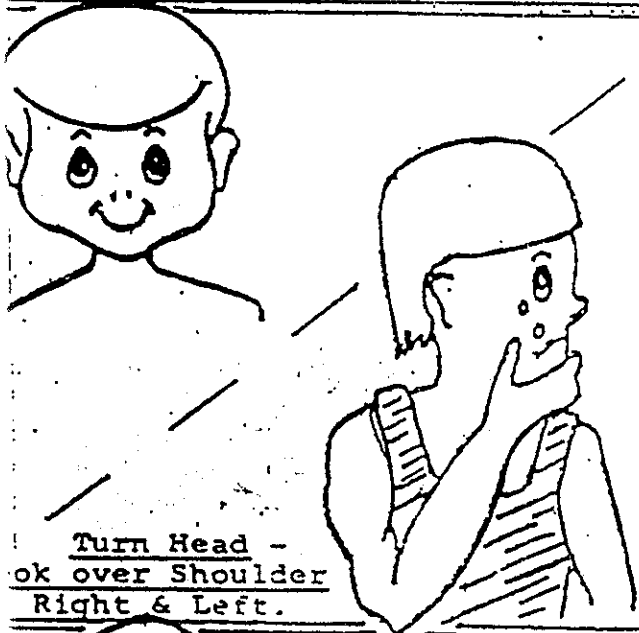


Chin to Chest.

2.

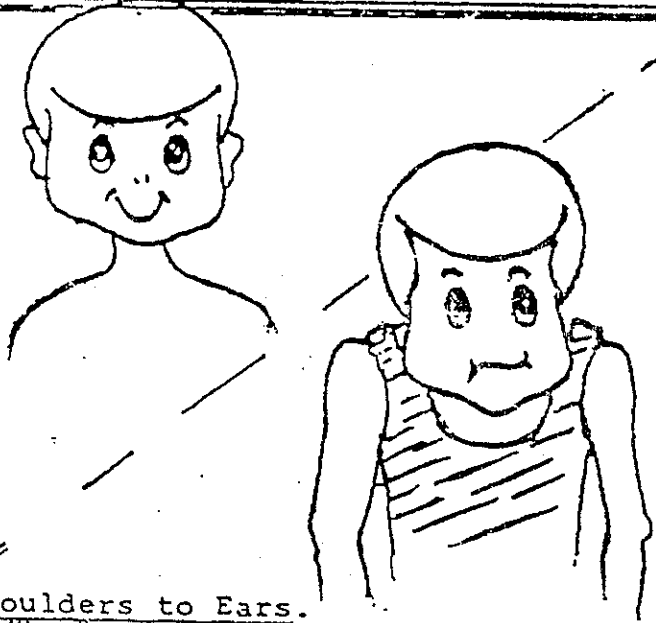


Ear to Shoulder  
Right & Left.

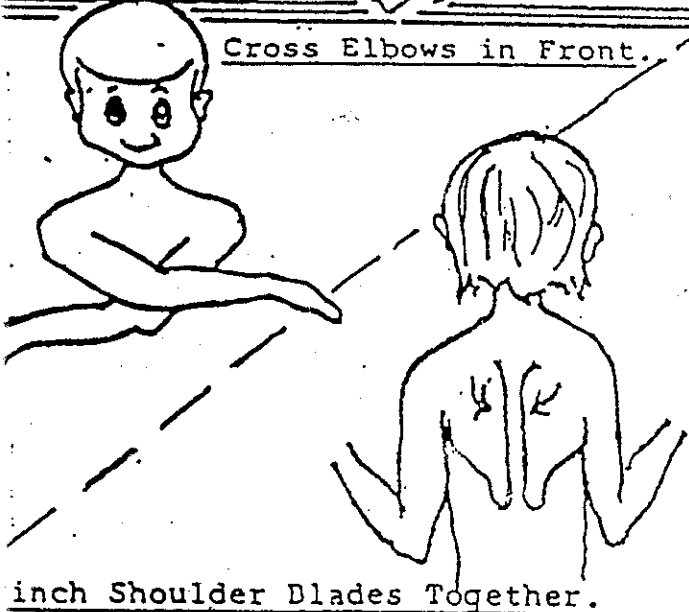


Turn Head -  
Look over Shoulder  
Right & Left.

4.



Shoulders to Ears.



Cross Elbows in Front.

Inch Shoulder Blades Together.

NOTE:

HOLD EACH STRETCH POSITION  
TO A SLOW COUNT OF 5.

DO EACH EXERCISE 5 TIMES  
4X DAILY.